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REMOTE VIEWING

What It Is, Who Uses It and How To Do It

TIM RIFAT

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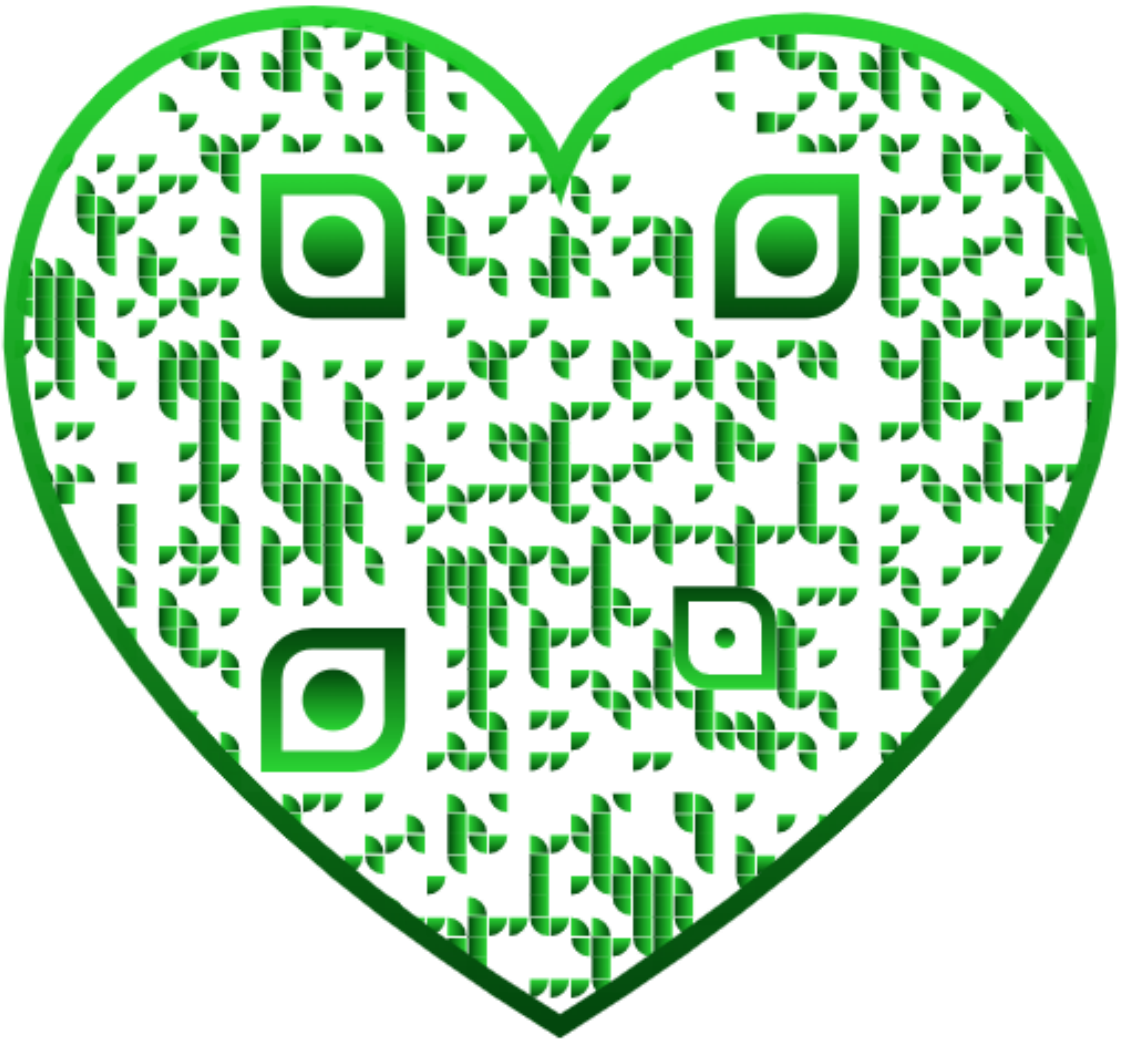

Remote Viewing by Tim Rifat

Introduction

At the height of the Cold War, a new twist to weapons development occurred. The Soviet Union systematised its investigations in to how to harness the paranormal and use it for military purposes. What in other times was seen as magic or witchcraft -laying a curse, predicting the future, having second sight - had already gained scientific respectability in the USSR with the recognition of clairvoyance and the acceptance of psychic phenomena; research into telepathy had started in the Soviet Union in the twenties and thirties. However it was stopped by Stalin, who thought it smacked of idealism and superstition.

Now the Russians plunged into a large-scale research programme. Billions of roubles were poured into the investigation and development of psychic energy (psi) and electronic mind-control technology. To convince hard-nosed military men that psychic phenomena can win wars may, on the face of it, appear to be a forlorn task. In fact, it happened the other way, around as some of the leading minds in the Russian military convinced their leaders to spend fortunes on this effort.

Science fiction writers have not come close to the reality of the actual research undertaken since then. The aim was no less than to produce psychic agents, capable of visualizing top-secret sites and installations located thousands of miles away, reading the minds of their country's enemies, intervening and altering thought processes, and even killing through psychic attack.

The first step was the development of remote viewing. People displaying psychic sensitivity were sought out all over the USSR and trained under the strictest secrecy as spies with a difference. They were required to focus on, say, a particular top-secret facility in the US or China perhaps, and conjure up a detailed picture of it, its location and personnel, in their mind's eye, which they would then describe to their spy masters. Remote viewing then is a kind of psychic spying.

The Americans realized that something unusual was going on. 'Between 1969 and 1971, American intelligence sources began discovering and confirming that the Soviet Union was deeply engaged in so-called "psychic research". By 1970, it was discovered that the Soviets were spending approximately 60 million roubles per year on it, and over 300 million by 1975,_ according to Ingo Swann, the godfather of US remote viewing. In the early seventies, he was commissioned by the CIA to develop a remote-viewing programme for the US military, to be operated from Fort Meade in Maryland.

Others in the United States also became aware of the possibilities _ and dangers. In 1980, Colonel John Alexander wrote an article in Military Review, a respected Army journal,

entitled ‘The New Mental Battlefield’. The article described remote viewing and suggested that effective mind-influencing devices were already a ‘lethal’ reality. The US Army’s partly classified ‘Fire Support Mission Area Analysis’ of 1981 talked about ‘cryptomental technologies’ and ‘the relatively unexplored, unexploited human technologies in such areas as influence, communications, thinking, learning, and stress reduction. Discussions in this area represent an excursion into a largely unknown realm which appears to possess significant military application.’

Progress from that time has been rapid with the development of sophisticated techniques and technology, until today, as this book will show, psychotronic, i.e. mind-control, weapons are the most top-secret class of weapons used not only by the Russians and Americans, but increasingly by the Chinese, Japanese, British, Czechs and Israelis.

It may be hard to believe that the Soviet Union and the United States could actually explore the paranormal in search of new military technology for decades in almost absolute secrecy, but the power and mastery to be attained by controlling the minds and wills of their perceived enemies was the spur. As long ago as 1975, when Leonid Brezhnev urged the US to agree to ban research into and development of new kinds of weapons ‘more terrible’ than anything the world has known (reported in the New York Times, June 1977), he was warning America that the USSR had the knowledge to end the Cold War by psychic means.

The first popular reports of this research appeared in 1970 in a book entitled Psychic Discoveries Behind the Iron Curtain by Sheila Ostrander and Lynn Schroeder. Martin Ebon’s 1983 book Psychic Warfare: Threat or Illusion? took the subject of psi warfare much further; and David Morehouse’s Psychic Warrior: Inside the CIA’s Stargate Program (1996) tells an insider’s story. Major Morehouse had been one of the US military’s top remote viewers and the US military are allegedly unhappy at his revelations.

Apart from the books, a few stories have filtered out into the public domain. For instance, the Associated Wire Press ran a story on 28 November 1995 under the headline ‘US used “psychic” spies’:

For 20 years, the United States has secretly used psychics in attempts to hunt down Libyan leader Muammar Quaddafi, find plutonium in North Korea and help drug enforcement agencies, the CIA and others confirmed Tuesday.

The London Daily Express published an article on 25 September 1997 under the headline ‘Reds planned psycho-wars’:

The KGB and the Red Army carried out experiments aimed at using hypnotic warfare against the West, it emerged yesterday. Revelations include a prototype satellite releasing electronic mind-bending signals to ‘control and correct the behaviour of the population’ over an area the size of England. Research into psycho-warfare was conducted in more than twenty institutes led by the Siberian scientific community of Novosibirsk, and only stopped in 1991. However fears were voiced yesterday that the technology could fall into the hands of the powerful Russian Mafia. The research was disclosed by the Izvestia

newspaper under the headline ‘They Could Produce Zombies in the USSR’. It is clear large-scale experiments were carried out on ordinary Russians and soldiers.

However, under the US Freedom of Information Act, previously unpublished files from the US Department of Defense Intelligence Agency (DIA) have now become available, which detail Soviet research in this area and add weight to the assertions made in the books, as well as giving credibility to the other stories. The documents given in Appendices 1 and 2 together provide the definitive work on Soviet psychical research up until 1975. They show the importance accorded the Soviet Union’s advances in psychic spying and mind-control techniques by the United States authorities, and the countermeasures taken and parallel progress made.

I found all this hard to swallow when I first learnt of it but my research into the scientific basis of the biophysical technology convinced me that the Russians had entered into new territories. They had begun the inner-space arms race, which they developed to undreamed of levels of power. After nuclear warfare, biophysical warfare is the second great cross-roads for human civilization. Inner-space weapon systems had, and have, the potential to kill, or even to drive mad entire populations by means of biophysical and electronic technology unknown to the West in the 1970s.

Whether or not you believe in remote viewing and the psychotronic weapons described in this book, by the end of the first part you will know that the US and Soviet military authorities believed in them.

During my research, I have become aware of how useful remote viewing can be in gaining information on topics that have proved impossible to analyse by any other method. Having developed basic do-it-yourself guides for beginners, I found that with these simple methods accuracy could be a problem. The new methodology outlined in the second part of this book will help people who want to practise controlled remote viewing as espoused by the Americans, as well as teaching a Russian-like version of extended remote viewing.

1 How it all started - in Russia

Scientists in pre-Revolutionary [Russia] were studying the area of parapsychology as did later such Soviet scientists as V.M. Bekhterev, A.G. Ivanov-Smolensky and B.B. Kazhinsky in the twenties and thirties. In 1922, a commission composed of psychologists, medical hypnotists, physiologists, and physicists worked on parapsychology problems at the Institute for Brain Research in Petrograd (Leningrad). Work flourished throughout the thirties with research being reported in the literature in 1934, 1936, and 1937. After 1937 further experiments in the field of parapsychology were forbidden. During Stalin’s time, any attempt to study paranormal phenomena might have been interpreted as a deliberate attempt to undermine the doctrines of materialism.

So stated the 1972 DIA report ‘Controlled Offensive Behavior - USSR’ (Appendix 1, page 22).

The Defence Intelligence Agency are the military intelligence agency of the US

Department of Defence. Part of the military, mainly army, they carry out intelligence work for the Pentagon. According to an official CIA paper written by Gerald K. Haines, the historian of the National Reconnaissance Office (NRO): ‘There is a DIA Psychic Center and the NSA (National Security Agency) studies parapsychology, that branch of psychology that deals with the investigation of such psychic phenomena as clairvoyance, extrasensory perception, and telepathy.

In 1960 the Stalinist taboo that prohibited research into the paranormal was lifted and the KGB and GRU (Soviet military intelligence) began a scientific exploration of the weapons potential of psychic energy.

Soviet interest in psi was reawakened in February 1960 by a story which appeared in French magazine Science et Vie (Science and Life). The story was entitled ‘The Secrets of the Nautilus’ and it claimed that the US government had secretly used telepaths to communicate with the first nuclear submarine ever constructed, the Nautilus, while it was under the Arctic ice pack. This telepathy project involved, according to the article, President Eisenhower, the Navy, the Air Force, Westinghouse, General Electric, Bell Laboratories and the Rand Corporation. Communicating with submarines is difficult as radio waves do not penetrate to the depths of the ocean. Extremely low frequency (ELF) waves are used to signal the submarine to come to the surface to receive a message - these super-long waves penetrate almost anything including water but carry little information - so if telepathy could work it would be a perfect method of communicating with submarines while still submerged. The story was almost certainly a hoax but the Soviets were spurred into action, according to the DIA:

Ship-to-shore telepathy, according to the French, blipped along nicely even when the Nautilus was far under water. ‘Is telepathy a new secret weapon? Will ESP be the deciding factor in future warfare? Has the American military learned the secrets of mind power?’ In Leningrad the Nautilus reports went off like a depth charge in the mind of L.L. Vasilev. In April of 1960, Doctor Vasilev, while addressing a group of top Soviet scientists stated: “We carried out extensive and until now completely unreported investigations under the Stalin regime. Today the American Navy is testing telepathy on their atomic submarines. Soviet scientists conducted a great many successful telepathy tests over a quarter of a century ago. It's urgent that we throw off our prejudices. We must again plunge into the exploration of this vital field.” [Appendix 1, page 24.]

From 1922 to 1959, this [negative] attitude [to parapsychology] gradually changed. Official recognition of parapsychology as a legitimate science was prompted to a considerable extent by the Party's recognition of other discipline... In 1959 Professor L.L. Vasilev published his “Mysterious Phenomena of the Human Psyche” followed in 1962 by his “Experiments in Mental Suggestion”...the possible military implications were apparently overlooked in the West. [Appendix 2, page 15.]

Groups of scientists at many Soviet research institutes began to investigate and later harness psychic energy. The aim of this research was to produce deadly new weapons that could tip the balance of power during the Cold War. The DIA again:

Soviet parapsychology research gained impetus and sophistication, growing from a single

laboratory into a co-ordinated USSR-wide effort; laboratories were also established in Czechoslovakia. Funds for research (reported at 20 million roubles in 1973) are believed to be primarily from military sources. This high level of support advanced Soviet research on human telepathy far beyond that of the West, and the USSR became the leader in sponsoring and participating in international parapsychology symposiums... [Appendix 2, page 15] ...by 1968 the Soviets already had: (1) established several research centers specializing in telepathic experiments on an academic and scientific level; (2) organized teams of scientists - physiologists, physicists, psychologists, mathematicians, cyberneticians, neurologists, and electronic engineers _ to investigate telepathy, find out how it works, and devise means of practical application; and (3) conducted experiments involving long-range thought transference (Leningrad-Moscow (600km); Moscow-Tomsk (4000km). [Appendix2, page 18.]

...Professor Vasilev was given state funds to establish at the University appropriately equipped laboratories for the study of telepathy... Following the example of Leningrad, other cities, including Moscow, Kiev, Novosibirsk and Kharkov, established similar laboratories and research centers, at which not only the phenomena described in world literature were examined, but a study was made of parapsychic features displayed by Soviet citizens. [Appendix 1, page 23.]

Although the US Navy subsequently denied the reports of telepathic testing on atomic submarines, the Soviet hierarchy apparently heeded Doctor Vasilev's advice and gave support, both moral and financial, to his dynamic view that:

“The discovery of the energy underlying telepathic communication will be equivalent to the discovery of atomic energy.”

...In 1963, Doctor Vasilev claimed to have conducted successful long-distance telepathic experiments between Leningrad and Sevastopol, a distance of 1200 miles, with the aid of an ultra-short-wave (UHF) radio transmitter. As a result, Doctor Vasilev was convinced that his experiments, and those he conducted jointly with the Moscow-based Bekhterev Brain Institute, offered scientific proof of telepathic communications. His next goal was to identify the nature of brain energy that produces it...

The so-called Father of Soviet Rocketry, K.E. Tsiolkovsky, stated that: “In the coming era of space flights, telepathic abilities are necessary. While the space rocket must bring men toward knowledge of the grand secrets in the universe, the study of psychic phenomena can lead us toward knowledge of the mysteries of the human mind. It is precisely the solution of this secret which promises the greatest achievements.”

There are reports that the Soviets are training their cosmonauts in telepathy to back up their electronic equipment while in outer space. One of these back-up schemes is known to involve coded telepathic messages. This method was previously demonstrated in March 1967, when a coded telepathic message was flashed from Moscow to Leningrad. The involvement of astronauts or cosmonauts in telepathy experiments is not necessarily unprecedented. In February 1971, during the Apollo 14 flight to the moon, astronaut Edgar Mitchell made 150 separate attempts to project his thoughts from inside the space capsule back to an individual on earth. [Appendix 1, pages 25-26.]

In 1967, the Soviet Maritime News reported, “Cosmonauts when in orbit, seem to be able to communicate telepathically more easily with each other than on Earth. A psi (short for psychic faculty) training system has been incorporated in the cosmonaut training program” Some informal reports indicate that the Soviets are working on psi systems for space use, involving not just telepathy, but precognition. [Appendix 1, page 33.]

There are numerous reports on Soviet applications of clairvoyance, hypnotism, dowsing etc. in military operations. In the case of dowsing, this is also not unprecedented, since US forces have employed dowsing in Vietnam for locating enemy tunnels and caches. [Appendix 1, page 26.]

The Soviet Union is well aware of the benefits and applications of parapsychology research. In 1963, a Kremlin edict apparently gave top priority to biological research, which in Russia includes parapsychology. The major impetus behind the Soviet drive to harness the possible capabilities of telepathic communication, telekinetics, and bionics is said to come from the Soviet military and the KGB. Today [1972] it is reported that the USSR has twenty or more centers for the study of parapsychological phenomena, with an annual budget estimated in 1967 at over 12 million roubles (13 million dollars) and reported to be as high as 21 million dollars. [Appendix 1, page 24.]

In the early 1960s, Yuri Andropov, head of the KGB from 1967 to 1982 and President of the USSR from 1983 to 1984, issued the command to implement a psychotronic-warfare programme in order to develop a new form of strategic weapons system to augment nuclear weapons. According to Soviet journalist, writing in Young Guard magazine, in 1990, Emil Bachurin, former KGB Major General Oleg Kalugin, head of foreign counterintelligence for the Soviet Union in the 1970s, told him that Yuri Andropov had been especially upset about several psi-weapons centres he maintained were located in Canada. ‘Canadian research must be surpassed,’ he ordered. Bachurin’s sources also revealed that after the war the Soviets had scooped up masses of Nazi occult research, including some by the notorious Dr Mengele at the Dachau concentration camp. Building on these horrible experiments had sped Soviet success in developing psi weapons, they told him. V. Scheglov, a journalist for Yaroslavl, reported in 1993 that psi weapons had been developed and used on the civilian populations of not only the USSR but the West, again and again. The DIA thought they were capable of it:

Doctor Y.A. Kholodov has investigated the effects of a constant magnetic field on rabbits. Whole-body exposures to fields between 30 and 2000 oersteds resulted in nonspecific changes in the [animals’] electroencephalograms [EEGs]...natural and artificial fields in man’s environment may have an influence on health and behavior via the nervous system and hypothalamus. [Appendix 2, page11.]

In a 1992 ABC Television documentary shown in America, and in an earlier 1990 interview, for Young Guard Magazine, Major General Kalugin made more startling revelations about the Soviet Union's investigation into harnessing psychic energy in order to produce exotic weapons with which the West was unfamiliar, He said:

They started to explore the mysterious powers of certain people and to simulate generators of this same nature in order to produce a similar effect. Russian scientists

succeeded in developing generators of psychic force. Yuri Andropov issued personal orders to push full speed ahead with psychic warfare. Andropov's directive also urged scientists to forget being squeamish about injuring or killing research subjects in the race to achieve their goal. Funding from the Military-Industrial Commission and the KGB was estimated at 500 million roubles.

The amount may be an underestimate; in Martin Ebon’s 1983 book, Psychic Warfare: Threat or Illusion? he claims that congressional sources stated the USSR psychotronic warfare research programme was funded to the tune of 500 million dollars per year.

2 ESP and beyond...

There had been massive interest in extra sensory perception (ESP) and spiritualism throughout the western world since the previous century. Dr J.B. Rhine’s work with card reading and manipulating dice at Duke University in the USA gave research into ESP a formal scientific base. He led the field in telepathy and ESP research in the West in the years before the Second World War. His work was controversial then, and even now is not generally understood.

Soviet scientists, however, took Dr Rhine’s research many steps further. They had little interest in proving ESP existed; that was taken as proven by their research into telepathy and telepathic hypnosis from the 1930s. What interested the Soviets was its development and military potential. They worked on the use of telepathy and ESP for psychic spying on US secret bases, but the main thrust of their initial endeavour was the use of ESP and telepathy to read an enemy’s mind. The aim was the psychic interrogation of Nato commanders by using the technique know as scanning, i.e. using ESP to probe information in another person's brain. The DIA again:

In summary, what is the strategic threat posed by the current “explosion” in Soviet parapsychological research? Soviet efforts in the field of psi research, sooner or later, might enable them to do some of the following:

a) Know the contents of top secret U.S. documents, the movements of our troops and ships and the location and nature of our military installations.

b) Mold the thoughts of key U.S. military and civilian leaders, at a distance.

c) Cause the instant death of any U.S. official, at a distance.

d) Disable, at a distance, U.S. military equipment of all types including space craft. [Appendix 1, pages 39-40]

To this end, according to émigrés and intelligence reports, the KGB and GRU scoured the Soviet Union for psychics, searched the length of Siberia for mystics, and forcibly recruited them into the huge number of parapsychological research projects being undertaken. By the mid-seventies, the Soviets had apparently embarked upon a society-wide screening programme for talented psychics, covering senior schools, universities and Red Army soldiers. Children who displayed powerful psychic abilities were especially sought after, as were shamans from Siberia and the eastern central Asian

territories.

Research was carried out at the Institute of Control Problems, attached to the USSR Academy of Sciences, headed by a Dr Lev Lupichev. Special Department No. 8 in the science city of Novosibirsk researched into military psi. The Institute for the Problems of Information Transmission, and the Pavlov Institute of Higher Nervous Activity, both well-guarded facilities in Moscow, also researched into psi warfare. The DIA documents in Appendices 1 and 2 listing the names of Soviet scientists involved and the research institutes they worked at in the early seventies, show how extensive the commitment was. Much of this effort focused on developing the ability to control people's minds with an amalgam of psychic force and electronics. American research at the Stanford Research Institute was tiny in comparison.

As the research continued, it became ultra-clandestine. The laboratories at Odessa State University were hidden underground in the sub-sub-basement beneath the old botanical gardens at the university. Only special couriers knew how to access any of these institutes and KGB and GRU guards made sure there were no unwanted visitors. In utmost secrecy, bizarre new lines of research were followed. Remote viewing and remote influencing were seen as the targeting mechanisms for much more lethal paranormal-weapon systems. Psychotronics had become the catch-all title for a multitude of psi weapons which ranged from microwave mind-control devices to psychic remote killing.

Dr A.V. Kalinets-Bryukhanov, president of the All Union Scientific Research Association, was part of a top-secret KGB project at the Filatov Eye Institute in Odessa that looked into ways of artificially stimulating remote viewing. It was found that natural clairvoyants changed the magnetic field around themselves and that of the Earth in their immediate vicinity. If this frequency of magnetic field could be artificially generated in the brain, the Russians thought they might stimulate clairvoyance in their test subjects. They experimented on animals, bombarding their brains with these specific magnetic fields with the result that the animals seemingly developed the ability to tell what was going on behind solid walls. Unfortunately, the high-power magnetic fields soon disintegrated the animals_ brains and they died. Allegedly, condemned prisoners were used for human experiments with the same results. Something about natural clairvoyants on the other hand, seemed to guard them against this disintegration.

The Odessa institute also carried on with research pioneered by parapsychologist Dr A.N. Leontyev in the 1950s, by undertaking psychic-viewing experiments with blind patients. They thought it might be possible to train blind people, to develop psychic ability. The experiments were centred on training the subjects to attain a deeply relaxed state, from which visualization of the body's energy fields led to what the scientists called eyeless sight, or bio-introscopy. Coloured paper was passed beneath the subjects' finger tips and it was found that they could distinguish between black and white and red and green paper, even though they were completely blind. The colour of an object could be determined even after it had been removed; apparently the object left a colour trace of itself in the air. This progressed to picture reading, the ability to run a hand over a photograph and describe what the photo showed. These techniques evolved into teaching blind subjects to travel in their mind's eye to distant rooms and places they had never been before. Once there, if they could describe the location's layout, psychic viewing had

been achieved.

A. Ivanov's paper on ‘Soviet Experiments in Eyeless Vision’ published in the 1964 International Journal of Parapsychology, revealed this remarkable work to the western world. Research into eyeless sight led the Soviets to study how energy fields were imprinted on matter and vice versa. Much research was carried out on how to attach harmful energy fields to objects. The idea was that these biophysically poisoned objects would be given to enemies to make them ill, or to infect them with subliminal commands.

Eyeless-sight research also led scientists towards more sophisticated training methods for their sighted psychic spies. The same deeply relaxed state and visualization of biological energy fields (biophysical fields which surround the human body) were found to increase the efficiency of psychic spying.

AMPLIFYING PSI

Once they confirmed that the potential for psi warfare actually existed, they searched for further ways to boost the relatively weak naturally occuring psi faculty so it could be developed into weapons for causing harm. The deeply relaxed state used for eyeless-sight research was the theta state of consciousness found in dreaming sleep. The theta state is a level of consciousness where the brain is deeply relaxed and the static and negative effects of other people’s minds are blacked out, so that the subconscious and unconscious mind with its heightened paranormal abilities can come to the fore. Normal consciousness, the beta state, is measured at above 14 cycles per second of oscillations in electrical activity of the brain, by an electroencephalograph (EEG); alpha, the relaxed, daydreaming state, at above 7 cycles per second; and theta, the dreaming state, at above 3 cycles per second.

Hypnosis, drugs and meditation were tried to inculcate the theta state of consciousness. Autovisualization of the brain was very effective in inducing the states needed for remote viewing. Tesla coils (see below) tuned to radiate extremely low frequency (ELF) waves at 7.8 cycles per second (hertz), the Earth's natural frequency (known as the Schumann resonance), were found to amplify psychic spying tremendously by inducing a theta state in the remote viewer. The Schumann resonance is a naturally occurring standing wave, an ELF signal that circles the globe. It was discovered by Dr Schumann, who found that this ELF signal resonates in the cavity between the ground and the edge of the atmosphere. A naturally occurring signal that all life is in resonance with. According to off-the-record interviews with US remote viewers and psi-warfare adepts, psychotronic-augmented spying enabled Soviet remote viewers to achieve almost perfect images. Brain implants to switch off the brain stress system, the body’s anxiety generator, were found to be very effective, as were drug regimens and hypnotic suggestion. Magnetic fields at 7.8Hz were later found to be almost as good as the Tesla coils. Aided by this vast array of high-tech brain-state modifying systems, the Russians began to uncover the secrets of the energy field surrounding the body. They mapped out the neural currents in the brain. They found that in the normal waking state, a negative to positive current runs from the front of the brain to the back, along the centre. By passing a low-voltage current from the front of the brain to the back, they could vary the person’s waking state. By artificially lowering the

negative potential at the back of the brain, the remote viewer could be dropped into a theta state.

Dr Robert Becker of the Syracuse VA Hospital found that a person under anaesthesia, or in a deep hypnotic trance has an altered brain potential. The normal brain potentials, which are negative potential at the front of the brain to a positive potential at the rear of the brain, drops to zero in these people. The Soviets found that by applying a low voltage to the front of the brain, they could knock people out. They went on to develop the sleep gun.

*This is documented in Dr Robert Becker's book, Cross Currents.

More importantly, the Soviet scientists found they could also lower their remote viewers into the delta state found in deep dreamless sleep. In the delta state all manner of psi marvels such as telekinesis - moving things by the power of the mind, become possible. It is even rumoured that it could lead on to remote killing and also can be used to change the consciousness of large numbers of people by use of remote influencing.

DEFENCE MECHANISMS - TESLA COILS

The Russians were aware that the US was attempting to monitor their progress and had remote-viewing programmes of their own. They therefore devoted time and money to developing electronic devices to block out remote viewing of their own bases. They found that Tesla coils interfered with psychic spying.

Nikola Tesla (1856-1943) was a genius who invented many new forms of electrical equipment towards the end of the last century. Tesla developed a new branch of electrical technology using very high voltages running through special coils and transformers. Some of his inventions were so far ahead of their time that they were not fully understood until the Russians began to explore his work in the 1960s. Tesla found that power could be beamed through the air at high voltages, as air's resistance breaks down. Tesla coils could be used to transmit ELF signals which could cause earthquakes or be used for mind control. It was found that Tesla coils could be used to transmit ELF oscillations that could cause a fault line to spasm and produce an earthquake, these ELF signals could also be tuned to influence peoples' minds. Tesla also invented what amounted to a death ray, which transmitted plasma at the target using huge coils to heat up the air.

Soviet scientists were taught Tesla technology at university, which may have encouraged a number of them to experiment with the effectiveness of Tesla coils in causing a whirlpool effect that prevented remote viewing.

These anti-remote-viewing devices are now widely deployed in the top-secret bases of not only Russian but US underground military and research facilities. In an off-the-record interview, a retired US Special Forces, CIA trained, psi-warfare expert involved in the remote-viewing programme discussed this anti-remote-viewing technology. He attested to the fact that by the end of the century the US will have totally effective anti-remote-viewing devices in all their top-secret installations, so concerned are they about the effectiveness of remote viewing and remote influencing.

TELEKINESIS (PYCHOKINESIS)

According to US intelligence:

The apport technique is a form of astral projection in which the psychic subject transports his ‘energy body’ to a remote site, dematerializes an object, then transports it back and materializes it... Lack of information on Soviet interest in the technique represents a major intelligence gap. [Appendix 2, page 55.]

It appears then that Soviet remote viewing was developing in a very different way to US remote viewing. Rather than picking up psychic images from the waking or deeply relaxed state, Soviet research involved actually projecting the energy body to the location to be viewed. According to the DIA (Appendix 2, page 54) in 1970 ‘Ostrander and Schroeder reported that the Soviets were studying out-of-the-body phenomena in Yogis’. Sheila Ostrander and Lynn Schroeder were the top American/Canadian psychic investigators.

The DIA paid great attention to Soviet research into psychokinesis (PK), the American term for telekinesis, and cited the work of G.A. Welk to explain the Soviet version of remote viewing and what was known as the apport technique:

Welk claims, based on many Soviet sources, that the so-called “apport” technique is likely to meet valuable intelligence needs. When fully developed, this technique would make possible the abduction of actual objects (including documents) in enemy territory and their transfer to friendly territory. Objects so abducted are known as “apports.” They could be returned to the point of origin without the enemy becoming aware of this temporary abduction... It is a known fact that the Soviet Union takes the appearance of luminous bodies very seriously as evidenced by the Kirlian photography of the human body’s aura [see page 00]. It appears that the Soviets may be considering that a hand which appears out of nowhere and can grasp, “with the firm pressure of an old friend,” another person may have first-rate military possibilities. There has been some discussion recently about the prospects of being able to control the apport technique to a point of sophistication where individuals could control these “luminous clouds.” The individuals who have studied these effects (real or otherwise) have suggested that since these bodies can travel unlimited distances and are able to pass through solid material (walls), they might well be used to produce instant death in military and civilian officials. It is further conjectured that these bodies could disable military equipment or communications...

Two things are certain: (1) that parapsychological phenomena are due to little-known faculties of the subconscious mind; and (2) that the powers of the subconscious mind are vastly superior to those of the normal consciousness. The fantastic memory of the subconscious mind (sometimes referred to as “photographic memory”) is a well-established fact. So is its extraordinary mathematical ability, which has baffled trained mathematicians no end. It seems probable that some of these little-understood faculties of the subconscious mind have something to do with its ability to put together again an object which it had previously disintegrated, and to manipulate the forces involved in this process. The only way one can learn more about these little-understood processes is through intensive study and experimentation. The stakes seem high enough. [Appendix 1,

pages 27-29.]

While the process by which matter is converted into “force-matter" (and vice versa) may not be understood, nevertheless, one is faced with the possibility that the human mind can disintegrate and reintegrate organic matter - a feat which seems far more complex than the disintegration and reintegration of, say, a stone, a piece of wood, paper, etc. Experiments show that a human body which has lost about half its weight can be reintegrated without loss of normal functions. Since this is possible, it does not seem safe to exclude - without further investigation - the possibility that inorganic matter might undergo a similar disintegration and reintegration. After all, apport phenomena in which physical objects have passed through solid walls have been observed and attested to by some of the world's most eminent scientists as well as by a host of other responsible witnesses. In view of what the human mind has demonstrated it can do with organic matter, and in view of the very real Soviet threat in this sector, the science of parapsychology should be investigated to its fullest potential, perhaps to benefit the national defense.

According to Pullman, Director of the Southeast Hypnosis Research Center in Dallas, Texas, before the end of the 1970s, Soviet diplomats will be able to sit in their foreign embassies and use ESP (in this case a form of apport technique) to steal the secrets of their enemies. Pullman states that a spy would be hypnotized, then his invisible "spirit" would be ordered to leave his body, travel across barriers of space and time to a foreign government's security facility, and there read top-secret documents and relay back their information. Such "astral projection" already has been accomplished in laboratory settings, Pullman said, adding that the Russians are probably now trying to perfect it. Pullman further states that the Soviets are at least 25 years ahead of the US in psychic research. According to Pullman, the Soviets have realized the immense military advantage of the psychic ability known as astral projection (out-of-the-body-travel). In this reference, details are given for some of Pullman's work in the US with astral projection. Other scientists...interested in this work are professor H.A. Cahn of Northern Arizona University, Doctor Charles Tart of the University of Southern California and Doctor V. Inyushin of Alma-ata. [Appendix1, page 30.]

[Doctor Genady] Sergeyev has conducted several years of intensive lab research on the outstanding PK psychic in Leningrad, Nina Kulagina...Sergeyev postulates that the "bio-plasma" of the human body must interact with the environment to produce PK. Sergeyev emphasizes when target objects are placed in a vacuum, Kulagina is unable to move them... Reportedly, Kulagina has caused the movement of a wide range of non-magnetic objects: (under strict scientific control) large crystal bowls, clock pendulums, bread, matches, etc. In one test, a raw egg was placed in a salt solution inside a sealed aquarium six feet away from her. Researchers report she was able to use PK to separate the yoke from the white of the egg. Observations by Western scientists of Mrs Kulagina's PK ability has been reported with verification of her authentic ability. These same Western scientists have reported that as of February 1971, they have not been able to visit or observe Mrs Kulagina. A veil of secrecy has been placed on Sergeyev and Mrs Kulagina for some unknown reasons.

Rather than simply observing PK, the Soviets typically turned to instrumentation. Mrs

Kulagina was subjected to a number of physiological electronic measuring devices and tested for important body functions during her PK demonstrations. The Soviets found that at the moment an object begins to move, all of Mrs Kulagina's body processes speed up drastically - heart, breathing, brain activity - and the electromagnetic fields around her body all begin to pulse in rhythm. Soviet researchers postulate that it was these rhythmic "vibrations" that cause objects to be attracted to or repelled by her...

Scientists report that Kulagina has been able to stop the beating of a frog's heart in solution and to re-activate it! This is perhaps the most significant PK test done and its military implications in controlled offensive behavior, if true, are extremely important. [Appendix 1, pages 35-36.]

TELEPATHIC SCANNING

The aim of tuning into the thought processes of the West’s military commanders spurred the Soviets on to develop telepathic scanning techniques. The possibility of tracking enemy agents in the field by psychic means encouraged them

Soviet researchers went further and found ways to tap into the telepathic conversations of other remote viewers. By introducing a third telepath who knew when information in the form of a telepathic conversation flowed between two other telepaths, the Russians found the ESP data stream could not only be broken into but could be changed. The third telepath could substitute new ideas and words, in effect corrupting the telepathic message. The Russians thus learnt how to hack into telepathic conversations and substitute fallacious messages and images.

Doctor Milan Ryzl reports that secret psi research associated with state security and defense is going on in the USSR. Communist state authorities, the military and the KGB display an unusual, disproportionate interest in parapsychology. The Soviets are attempting to apply ESP to both police and military use... According to Ryzl, some years ago a project was begun in the USSR to apply telepathy to indoctrinate and re-educate antisocial elements. It was hoped that suggestion at a distance could induce individuals, without their being aware of it, to adopt the officially desired political and social attitudes... Reports of psi research in Soviet submarines help confirm military involvement in parapsychology. According to Stone, there is clandestine psi research going on at the Pavlov Institute of Higher Nervous Activity in Moscow, the Durov Institute, and certain areas in Siberia.

KIRLIAN FIELDS

Energy fields that surround humans were first discovered by Semyon Davidovich Kirlian in 1939 in Krasnodar, capital city of the Kuban region in the South of Russia. Kirlian found that photography of biophysical fields around the body could be achieved with high-frequency electrical fields and a spark generator which oscillates at 75 to 200KHz. The generator causes a high-frequency field to emanate between two clamps which hold the sample and photographic paper. The high-frequency electrostatic field causes the biophysical field to resonate and become excited. Once excited, the biophysical field

around the living object (hand or leaf) gives off photons. The 75 to 200KHz electric field causes photons of light to be radiated by the living tissue, which fall on the photographic paper and produce images of the biophysical excitation. They are not actual pictures of the biophysical field, but secondary effects, rather like the wake of a boat through the water. Kirlian's photographs of leaves which had sections cut out revealed entire biophysical fields that showed the entire leaf as if it was uncut. It was as if the biophysical field was the energetic blueprint for the leaf. Later research has found that the human body has a biophysical field around it composed of morphogenic fields, defined by cell biologists as the fields which switch genes on and off and control cell development. They determine whether a cell will become a skin cell or an eye cell, for instance. US military intelligence evaluated the Kirlian effect:

'...the Soviets seem preoccupied with the search for the energy that carries or facilitates telepathy transmission. Is it electromagnetic or not? The search for this unknown energy has led the Soviets to Kirlian photography; named after its inventors Semyon and Valentina Kirlian. The Kirlians developed a technique of photographing with a high-frequency electrical field involving a specially constructed high-frequency spark generator, tuned up and down between 75,000 and 200,000 electrical oscillations per second. Their first photographs showed turquoise and reddish-yellow patterns of flares coming out of specific channels within leaves. A magnified picture of a finger showed craters of light and flares' By the 1960s research on bioluminescence revealed by Kirlian photography was going on in many Soviet universities. Perfected techniques of photographing the play of high-frequency currents on humans, plants and animals, as well as on inanimate matter have set the Soviets on some striking discoveries about the energetical nature of man. "Bio-plasma" is a term coined by the Soviets for bioluminescent phenomena or energy. Scientists at the Kazakh State University at Alma-ata have found illnesses tend to show up in advance as a disordered play of flares from the "bio-plasma" long before they manifest in the physical body. Doctor A. Podshibyakin, an electrophysiologist at the Institute of Clinical Physiology in Kiev, has found that by charting acupuncture points a correlation exists between the "bio-plasma" and changes on the surface of the sun. At the exact moment solar flares (sun spots) occur, there are changes in the electrical potential of the skin's acupuncture points. These electrical charges are measured by a tobiscope (probably a simple wheatstone bridge device). In some way the "bio-plasma" of the body is sensitive to these solar explosions the instant they occur even though it takes about two days for the cosmic particles to reach the earth.

The most significant use of Kirlian photography is in the area of psychokinesis or mind over matter (PK). Doctor Genady Sergeyev of the A.A. Uktomskii Military Institute in Leningrad believes Kirlian photography may uncover the mechanism of PK. Sergeyev is a prominent mathematician for the Soviet military who works closely with an electrophysiologist from the University of Leningrad, Doctor L. Pavlova. Sergeyev has devised important mathematical and statistical methods for analyzing the EEG which allowed parapsychologists to follow the actions of telepathy in the brain. The type of work reported by Sergeyev in 1967 and 1968 is just now beginning to appear in the US efforts to understand the transmission of telepathy. Sergeyev has conducted several years of intensive lab research on the outstanding PK psychic in Leningrad, Nina Kulagina_

Sergeyev registered heightened biological luminescence radiating from Kulagina's eyes during the apparent movement of objects by PK. [Appendix 1, pages 33-35.]

THE TELEPATHIC KNOCKOUT

It seems scarcely credible that the Soviets trained their telepaths to be able to knock out a person simply by projecting a psychic punch at the victim. In fact, the Soviets poured a vast amount of time and money into exactly this.

The Soviets found that the biophysical field of the remote viewer flared out when he or she was lowered into the theta state. At the Schumann resonance point of 7.8Hz, the Earth's natural frequency, the human biophysical field seemed to merge with its surroundings and vanish for a split second. When it came back into being, it was many times larger than normal. While remote viewing, this biophysical field seemed to grow smaller, as if part of it was at the place being remotely viewed.

In Dr Vasilev's 'Experiments in Mental Suggestion', published in 1962 (English translation published in 1963), voluminous data is recorded by the Russian scientist on Soviet experiments in sleep-wake hypnosis. Discovered by the Russians in the 1930s, this allowed a hypnotist to transfer commands telepathically to a subject, whether they were a few feet or a thousand miles away. Soviet scientists took this further and discovered that hypnosis could be examined by its affect on the biophysical energy body, which could be detected using Kirlian photography and other means such as using the powers of the human biophysical field to enable people to actually see energy field - auras. Vladimir L. Raikov MD, a psychiatrist, monitored the mental state of a hypnotized person:

Raikov has worked closely with V. Adamenko, a physicist who reportedly has invented the CCAP (conductivity of the channels of acupuncture points) device. This machine, it is claimed, registers energy flow in the body using as check points for its electrodes the acupuncture points of traditional Chinese medicine. Adamenko reportedly detects changes in body energy caused by alterations of consciousness and varying emotional states. With subjects attached to the CCAP, Raikov put them through various forms of hypnosis. At the end of many sessions the graphs from the CCAP were checked by Raikov and Adamenko. They claim to have found a pronounced difference between the different forms of hypnosis... They report that these states are very hard to measure by any other method. [Appendix 1, page 46.]

A US expert in remote viewing told me that their research showed that when a paranormal-warfare expert remotely viewed another person, there was a change in the biophysical energy field of the remote viewer and the person being psychically spied upon. Pulsed ELF fields had been found to put people into a trance (see Appendix 3 for the far-reaching effects of ELF). Russian scientists found that if the remote viewer could mimic this ELF oscillation in his or her biophysical body, then place this field over another person, the person would become unconscious. The Russians trained their remote viewers to mimic pulsed ELF waves by use of Kirlian photography - the trainee watched the picture of his or her biophysical body whilst it was exposed to pulsed ELF waves, then tried to copy the effect.

PSYCHIC BATTERIES

Would it be possible to store psychic energy like electricity, was a question Soviet scientists asked themselves. With hard evidence from Kirlian photography and a wide variety of other electronic scanners designed to study the body's biophysical field, which comprised biomagnetic, bioelectric and bioplasmic components, the Soviet physicists had access to experimental data needed for a new physics of the paranormal. Journalist Emil Bachurin's 1990 article in Young Guard magazine disclosed information on a number of top-secret psi-warfare projects that had been undertaken in the Soviet Union. Dr A. Akimov, former director of the Soviets' Centre for Non-traditional Technologies, is quoted as claiming Russian research had discovered a new class of physical fields and particles and the effect they exerted on living and non-living organisms and inanimate objects. New terms such as 'spinor', 'torsionic' and 'microleptonnic' were being used to define these new classes of physical field. Scientists in the West, who have little appreciation of the remarkable advances made by the Soviets, called them 'scalar' fields. Russian psychotronic generators which stored 'torsionic radiation' were apparently found to cause destruction of the brain's neural network and the biophysical field around the brain that constitutes our mind and psyche - mind zappers.

Moreover if psychotronic generators could to store biophysical energy Russian psychic viewers might be able to link themselves to psychic amplifiers that boosted their paranormal powers. The DIA reports that psychotronic generators, devices which store psi energy, were developed by a Czech called Robert Pavlita. Czech researchers, like their Russian counterparts, had also come to the conclusion that biophysical energy is the field effect behind psychokinesis and remote viewing. Reference to the equivalent of the psychotronic generator was uncovered in ancient alchemical texts, and Pavlita used modern technology to improve on this psychic battery effect. Psychotronic generators draw biophysical fields from a person and store them for later use.

The Czechs found two types of psychotronic generator - cosmic generators, of which the Egyptian pyramids are an example, and biological generators, the type to which Wilhelm Reich and his Orgone generator belong. Wilhelm Reich, a pupil of Sigmund Freud, found that boxes with alternate layers of wool and steel wool could store biophysical energy. His seminal work in the 1950s led the Soviet researchers into bettering these early biological psychotronic generators. In their report 'Soviet and Czechoslovakian Parapsychology Research', the DIA gives a detailed appraisal of psychotronic-generator research:

Psychotronic generators (also called Pavlita generators after the inventor) are small devices said to be capable of drawing biological energy from humans; the energy is accumulated and stored for future use. Once charged with human energy, the generators can do some of the things a psychic subject can do, but, according to the inventor, Robert Pavlita, can be charged by individuals possessing no psychic ability.

The concept of man as a source of unusual energy dates back at least as far as ancient Chinese and Hindu teachings, in which it was called "vital energy" or "prana." Between the 18th and 20th centuries it was called various things (animal magnetism, odic force,

motor force, n-rays, etheric force, etc.) by rediscoverers of its existence. In contemporary Soviet and Czechoslovakian parapsychology this energy is called bio-plasmic or psychotronic energy. The Czechoslovakian rediscovery of biological energy is credited to Robert Pavlita, who began work on his device over thirty years ago.

...It has been reported...that the devices are fabricated from various metals (steel, bronze, copper, iron, gold) and that their effects are as a result of their form.

Pavlita's generators can be charged by direct contact (e.g. rubbing or touching to the temporal region of the head) or by visually directing mental concentration upon them from a distance. The nature of the energy stored is still not understood, but over the years a number of observations about its effects have been reported. It can be reflected, refracted, polarized, and combined with other forms of energy. It creates effects similar to magnetism, heat, electricity, and luminous radiation, but is itself none of these. The energy apparently can be conducted by paper, wood, wool, silk, and other substances normally considered to be good insulators. The devices have been tested by commissions of experts from the Czechoslovakian Academy of Sciences and the University of Hzadec Kralove in Prague. Static electricity, air currents, temperature changes, and magnetism, were eliminated as possible explanations for the observed effects. In addition, the energy exerted its effect through glass, water, wood, cardboard, or any type of metal and was not diminished.

According to both Soviet and Czech researchers, one major advantage of studying psychotronic generators is the reproducibility of their effects; in addition they can be activated by nearly anyone, with or without any special psychic abilities. The devices may have other practical applications not related to parapsychology. The Czechs claim that irradiation of seeds with the energy enhances plant growth, and that industrial pollutants have been precipitated out of water by its action.

Pavlita has stated that some forms of his devices can exert both favorable and unfavorable effects on living organisms, including man. In experiments with snails exposed to the energy from a generator, a state similar to hibernation resulted. When flies were placed in the gap of a circular generator they died instantly. In another test, Pavlita aimed a generator at his daughter's head from a distance of several yards. Her electroencephalogram (EEG) changed, she became dizzy, and her equilibrium was disrupted. [Appendix 2, pages 33-34.]

Researchers at the Metronomical Institute of the Academy of Sciences in Moscow studied Pavlita and his psychotronic generators. The DIA document continues:

In their present form and size, Pavlita's devices could probably exert an effect on humans at only relatively short range. It is possible that their size could be enlarged or their energy amplified, thereby extending their range. If the Czech claims for these devices are valid, biological energy might be an effective antipersonnel weapon. It would be difficult to defend against, since it apparently penetrates most common forms of insulation and its reported effects (changes in brain-wave characteristics, disturbance of equilibrium, dizziness) could result in personality changes or physical discomfort which might alter combat effectiveness.

Soviet or Czech perfection of psychotronic weapons would pose a severe threat to enemy military, embassy, or security functions. The emitted energy would be silent and difficult to detect electronically (although the Soviets claim to have developed effective biological energy sensors) and the only power source would be a human operator. [Appendix 2, page 34.]

Psychotronically boosted Russian remote viewers were capable of enhanced remote influencing. A Ukrainian, Albert Ignatenko, publicly demonstrated that he could raise or lower the pulse rate of people who were remote from him. Vladimir Zironovsky, the Russian MP and ultra-nationalist, boasted on BBC television that Russia has psychics who could remotely kill anyone up to a thousand kilometres away. These boasts may indeed be based on fact!

PSYCHOTRONIC MIND CONTROL

Edward Naumov, a leading Russian parapsychologist, is on record as stating, ‘A psychotronic generator can influence an individual, or a whole crowd of people. It can affect a person's psyche mentally or emotionally. It can effect memory and attention span. A psychotronic device can cause physical fatigue, disorientation, and alter a person's behaviour.’ The Soviets built the world's largest transmitter, code-named Woodpecker by the US, to beam mind-control waves at the West (see Appendix 3). It was powered by the Chernobyl nuclear power complex in the Ukraine.

A strange signal which disrupted short-wave transmissions around the world was detected in the early eighties. It was nicknamed Woodpecker due to its pulse modulation of 10Hz, which when listened to on radio equipment, sounded like a woodpecker due to loud modulations in the signal. It emitted a peak estimated power of 14 million watts per pulse at frequencies of between 3.26 and 17.54MHz, making it the most powerful man-made, non-nuclear, non-ionizing, i.e. non-radioactive, radiation source on the planet. Seven awesome transmitters near Kiev, also powered by the Chernobyl nuclear power complex, beamed Woodpecker’s emissions in the direction of western Europe, Australia, North America and the Middle East. These emissions permeated all obstacles and were conducted into homes via the power lines of each nation's national grid. They were capable of penetrating underwater and even into shielded bunkers.

So had the Soviets had discovered a method of affecting the neurological functioning of entire populations? Woodpecker had been designed to alter the brain functions of Nato populations by using ELF modulated signals. It was found that these extremely low frequency waves could penetrate the skull and change brain patterns when broadcast at test victims - 6.66Hz makes the victim depressed, 11Hz can make a person manic and prone to riotous behaviour (see Appendices 3). Of particular interest to the KGB scientists were the brain-wave maps of pathological criminals, hopelessly depressed mental patients and socio-psychopaths who had no regard for anyone but themselves. The Soviets hoped to remap the neural networks in the brains of the entire western population.

Prolonged exposure to ELF signals changes the brain’s neural wiring because the barrage of ELF waves stimulates the network used for the signal the brain is receiving, depression for example, while the normal-state neural network is unused. Top neuro-scientist Dr

Gerald Edelman has shown that neurones compete with each other and that unused neural connections and brain cells die. If you can keep a person in one brain state, such as depression, by use of ELF transmitted by pulse-modulated microwaves, then the brain connections and cells for normal consciousness will be destroyed and the person will become a chronic depressive. Under a barrage of ELF signals from the Woodpecker transmitters, that was powerful enough the sane mental connections in the brain would gradually die out. Woodpecker's 10Hz ELF signal went on until the fall of the Soviet Union.

Dr Robert Becker of the Syracuse VA Hospital, a Los Angeles physicist and former member of a top-secret US mind-control programme which looked into the effects of ELF, claimed, 'It's highly likely that the Woodpecker signal is causing neurological changes in thirty per cent of the population...'

RUSSIAN ERV

In the Russian form of ERV, the whole thrust of the training is based on Soviet research into psi phenomena. The biophysical field is seen as the transmitter of information from the target site. Soviet research became fixated on the idea that ELF electromagnetic radiation was used by the biophysical field to transmit this information back to the brain of the remote viewer. The Soviets knew that ELF radiation would pass through the skull into the brain while higher frequencies of electromagnetic radiation would not. The concept of mental radio lay deep in their psyche due to the enormous amount of research they had undertaken into telepathy and ESP. The natural vibration of the Earth, 7.82Hz, is in the ELF range, which is from 20Hz downwards. The Russians postulated that the biophysical field of the remote viewer, or telepath, could send ripples of ELF radiation around the Earth using the planet's electromagnetic aura as the matrix for this signal. Russian ESP and their version of remote viewing concentrated on getting the operator into the theta state so that the telepath could naturally send and receive signals on the Earth's natural frequency.

TOWARDS REMOTE KILLING

The Soviets discovered how to remotely kill decades ago. Dr Nikolai Khokhlov, a former KGB agent who defected to the West, was hired by the CIA in 1976 to uncover paranormal-warfare research in the USSR. He found evidence of it at 20 top-secret, state-of-the-art, underground laboratories, staffed with hundreds of the Soviet Union' s leading scientists. Khokhlov described a government laboratory in Moscow that mass-produced psychotronic generators, which were tested on prisoners. Telekinesis was also used on prisoners to paralyse sections of their spinal cord, by damaging the nerve cells with a telekinetic blast. (See Appendix 2, pages 41-47, for a detailed DIA evaluation of Soviet telekinesis.)

Research included the technique being used by Russian paranormal-warfare experts to stop the hearts of laboratory animals. Russian paranormal adepts trained in this remote-killing technique by raising or lowering the heart rate of a test subject in a separate room, just by the use of remote influencing.

The Russian research institutes investigated telepathy in a rigorous way. In one experiment, new-born rabbits were separated from their mothers. The mother rabbits were hooked up to ECG and EEG monitors. Then the new-born rabbits were killed. It was found that the stress levels of the mother rabbits were raised dramatically, even though the new-born rabbits were killed in another location. Telepathic biological links between mother and offspring were therefore shown to exist. To test whether water blocked out the telepathic signal, the mother rabbits were transferred to nuclear submarines. These rabbits were found to 'know' when their offspring were killed, even when they were deep underwater. This experiment showed that hundreds of feet of sea water could not block out the psi effect.

Psychotronic devices were designed to kill or disable humans, then tested out on enemies of the state. Telekinetic experiments were carried out to see how much damage a paranormal adept could cause to an untrained victim by use of mind over matter. Condemned prisoners had brain capillaries ruptured by telekinesis causing massive embolisms in their brains. Telekinesis was also used to stop their hearts so they had a heart attack. ‘Kulagina’s highly publicized ability to effect living tissues might be applied against human targets_’ said the DIA (Appendix 2, page 51).

Eileen Garret has supplied many of the statistics on how much the Soviets were spending, via her links with Congresswoman Frances Bolton, who served as Chair of the House Foreign Affairs Committee. Another source of such statistics was Congressman Charlie Rose of North Carolina, who in 1976 set up the Congressional Clearinghouse on the Future to inform government leaders and aides about Soviet psi warfare. Congressman Al Gore later became chair of this committee.

THE USE OF NEGATIVE ENERGY

A standard remote-viewing operation for a Russian paranormal-warfare expert would mean hooking him or herself up to a psychotronic device called a theta-delta gun which, by reversing polarity in the brain, placed the psi-adept in the deep hypnotic-like state needed for psychotronic warfare. An ELF signal was then broadcast into the brain of the psi-adept that reproduced the perfect brain state for remote viewing. A room-sized psychotronic generator would then pump energy into the psi-adept, boosting his or her biophysical field so it could overpower any normal person's biophysical field.

The target to be remotely viewed was shown on a screen. Once the target had been located by psychic spying, the ELF induced brain-wave entrainment was modified to the frequency that had been mapped as optimum for remote influencing. A list of hypnotic commands was shown to the psi-adept, so that he or she could reprogramme the brain of the person being remotely viewed and influenced. If the person was to be remotely killed, the ELF signal for this was entrained in the psi-adept, enabling his or her power of telekinesis to be locked on to the body of the victim. With a psychotronic generator to power the psi-adept’s biophysical body, telekinesis to cause a brain embolism in the victim, or to knock them out telepathically, remote influencing was made possible, even over distances of thousands of miles. If the person was to be made ill, the specific frequencies that enabled the psi-adept to broadcast negative illness-inducing psionic

energy was fed into his or her brain. Boosted by the psychotronic amplifier they were hooked up to, the Russian paranormal-warfare expert acted as a transmitter for negative energy; remote viewing was the target locator and remote influencing the way to focus this negative energy on the victim.

We all know that curses are supposed to bring us bad luck. Russian researchers took this idea to its logical conclusion and used curses for a new generation of psi weapons. KGB scientists, having proved that psi energy acted as the medium for remote viewing, began to experiment with remotely imprinting energy fields on matter. Dr Abraham Shifrin worked at the psi-research institute in Kazakhstan run by the Moscow Institute for Information Transmission, under the directorship of Dr Solomon Gellerstein. He managed to emigrate to Israel in the mid 1980s and disclosed that the Kazakhstan institute had been making psychotronic generators like Robert Pavlita's in Czechoslovakia. They had investigated designing different types of psychotronic generators and found how to store psi energy in psychic accumulators. They studied how Siberian and Altai shamans, yogis, ascetics, psychics and witch doctors cursed or blessed talismen and amulets, and they learnt how to charge souvenirs, such as Russian dolls, which were then given to unsuspecting victims. Depression and mental problems were easily passed on by these negatively charged objects and in some cases health was adversely affected.

Dr Boris Ivanov worked on charging water with psi energy at the Laboratory of Bioinformation at the Popov institute in the USSR. It was found that a paranormal-warfare expert hooked up to psychotronic amplification could charge water with negative psi energy that could shrivel plants or cause cancer. US subjects were allegedly given this negatively charged water in their drinks at state functions.*

*Psychic Warfare: Threat or Illusion? Martin Ebon (McGraw - Hill, 1983)

In Leningrad, Dr Pavel Gulyaiev found a way to scan another person's electromagnetic field at a distance, then to impose another field on to that person to control behaviour or make them ill. The neurology Institute of Kharkov University experimented on rats, removing their brains which they placed in solutions that kept them partially alive. Remote viewers and sensors transmitted emotions, thoughts, mental calculations and commands. The rats' brains responded to this telepathic link until they died, about three minutes. Dr August Stern, who had worked in the multi-million rouble psi labs in Novosibirsk, emigrated to France and revealed a wealth of secrets about other psi complexes such as the one at Kharkov.

KGB scientists were prompted to look into the transmission of negative psi energy by research at Novosibirsk:

'A significant advance toward identification of the EMR [electromagnetic radiation] source of biological energy transfer was gained from recent research conducted at the University of Novosibirsk. Scientists there investigated the release of energy during cell division and during cellular damage and repair resulting from viral infection or toxic chemicals. In over 5000 experiments with cell cultures and animal organs it was shown that damaged cells radiated some form of energy and that the energy released was

capable of causing damage in adjacent control preparations of organs or cells. Further investigation revealed that a uniform pattern, code, or rhythm of radiation was emitted by normal cells. This pattern was disturbed when cellular damage occurred, becoming quite irregular. It was also found that the patterns were transmitted from experimental to control preparations only when the cells or organs were cultured in quartz containers. Since quartz transmits ultraviolet (UV) radiation and standard laboratory glassware does not, the Soviets concluded that UV radiation mediated cellular information transfer. The researchers subsequently correlated given irregularities of emission with specific diseases and are now attempting to develop techniques for diagnosis and therapy by monitoring and altering cellular radiation codes' [Dr Jiri] Bradna feels that such stimuli influence the herd behavior of animals and may also be a factor in altering human behavior under conditions of isolation or overcrowding. [Appendix 2, page 10.]

As a result, remote viewers and psychotronics experts were trained to transmit negative psi energy at the person they were remotely viewing to make them ill. This barrage of negative psi energy also acted as a shock to the target's system, which made remote influencing much easier. If psychically induced trauma could be caused by projecting negative psi energy at the target, telepathic brainwashing could be made more efficient.

AFTER THE COLD WAR

US remote viewing of the present-day Russian leadership shows that President Yeltsin, General Lebed and other leading lights in the Russian Federation are - or were, protected by psychic shields of an exotic and dangerous nature. Any remote viewer trying to influence them is attacked by the biophysical logic bombs in these Russian psychic shields. A biophysical logic bomb is a thought-form which as a mental virus infects the victim, causing death or madness. In 1992, former KGB Major General Oleg Kalugin said in an interview on ABC Television in the US that during the coup that brought down the USSR, he received a telephone call from a contact in a Ukrainian military lab. He was told that paranormal-warfare experts were using psychotronic generators and remote influencing against Boris Yeltsin to undermine his health; they were focusing on his heart in order to kill him. 'For the first time in my life,' Kalugin said, 'I took it [paranormal warfare] seriously.' After the coup, Yeltsin suffered a heart attack. Since then, he has been treated by top Russian healers such as Djuna Davitashvili. Pro-democracy psi-adepts were asked to create the psychic shield around Yeltsin. Remote influencers and psychic telepaths capable of scanning enemy paranormal-warfare experts, or fellow Russians, keep Yeltsin and his chosen few protected from remote influencers and killers. They also use psychic scanning to protect the President's offices and home from psi attack and electronic bugs.

Many KGB paranormal-weapons experts went into deep cover in foreign countries to act as special forces psi agents. Located in a hostile country, they could use their skills to spy on and attack the enemy. In the event of a Third World War, they were commanded to reprogramme the brains of the hostile country's leadership to follow the orders of the psi-adept. The Soviet Union could thus ensure the Chinese and Nato leadership lost the war by making the wrong decisions on a consistent, planned basis, as psychically commanded by the psi-adept working under KGB directives. The leadership could also be remotely

killed, if need be.

With the end of the Cold War, these psi agents and the paranormal-warfare experts in Russia have been redirected to the corporate theatre and are focusing on economic espionage. They are also being used to remotely view government meetings in foreign countries and to remotely influence politicians and power brokers to manipulate the stock market and improve business opportunities for KGB run organizations. By using advanced Russian methods, it is possible to fool the person being telepathically scanned into thinking they are asking themselves the questions being placed in their minds. In this way, the most secret information can be extracted from the target. This branch of psychic spying is referred to as remote sensing.

In post-communist Russia, paranormal research is one of the main priorities of the security service as it is relatively cheap and very effective. It offers Russia a second strategic weapons system that does not rely on nuclear weapons. The Deputy Chief of President Yeltsin's security service has become a ‘modern Rasputin’ the 4 May edition of Moscow News reported. General Georgi G. Rogozin approves the horoscopes cast regularly for the country's top officials, communicates with the cosmos on budgetary and financial matters, rotates tables and saucers in his study and creates a powerful field around the President. He also checks the decisions of the Supreme Personnel Commission by the tables of the Kabala.

Anatoly Kashpirovsky, a psi-adept and ultra-nationalist, allegedly won a seat in the Russian Parliament by use of remote influencing. When he lost his seat in the 1996 election, Kashpirovsky threatened to render impotent by psychic means any government employee who tried to evict him from his apartment (that came with the post of MP).

The thrust of modern Russian psychotronic research is toward remote influence, telekinesis and biological-telekinesis. Dr Edwin May, head of the US government psi-project Stargate (more about this in the next chapter on US remote viewing), and Soviet parapsychologist Dr Larissa Vilenskaya, in their overview 'Influence at a distance, PK and Bio-PK', state that influencing the human brain telepathically with positive and negative psi energy and emotions, changing DNA in lab cultures by use of remote influencing, the growth of plants using telekinesis, coupled with the healing effect of remote influencing on humans and animals, is part of present-day Russian research.

In the next chapter, we look at US paranormal mobilization, the other half of the inner-space arms race.

US psi-spies

News of this massive Russian paranormal-warfare research projects eventually filtered out to the West. It was thought by CIA analysts that the Soviets might be capable of telepathically controlling the thoughts of leading US military and political leaders, as well as being able to remotely kill US citizens. Telekinesis could be used to disable US hardware such as computers, nuclear weapon systems and space vehicles. The report stated: ‘The major impetus behind the Soviet drive to harness the possible capabilities of

telepathic communication, telekinetics, and bionics are said to come from the Soviet military and the KGB.' No wonder they were worried!

The term 'eight-martini effect' was coined by Norman Jackson, a CIA spokesman and former Technical Adviser to John McMahon, Deputy Director of the CIA. On the US TV show 'Night Line' (28 November 1995) which was about the use of remote-viewing programmes in the mid 1980s, he said, 'Well, if it's the eight-martini results you want to talk about, I won't talk about them. "Eight-martini results" is an in-house term for remote-viewing data so good it cracks everyone's sense of reality.' After one particularly spectacular demonstration apparently, the CIA handlers had to have eight martinis to calm their nerves. The following is the story of how eight-martini effects were sometimes achieved by the US remote-viewing programme.

AMERICA GEARS UP FOR PSYCHIC WAR

As early as 1972, it was feared that the Russians were developing a form of group-augmented telepathic telekinesis whereby a large number of telepaths could create thought-forms out of the collective unconscious and cause materialization. That would mean the Soviets could materialize their energy bodies in distant locations to steal top-secret documents or damage equipment (see Appendix 1, page 27, the apport technique). The US effort was stimulated by information that they received in 1973 about the top-secret psychical research base to the north east of Leningrad, code-named 'Black Box'. Dr Igor Vladsky sent a letter to Harvard psychologist Gene Kearney, giving information about the Leningrad psychical research facility and its telekinesis experiments. The Russians' advances in ESP and telekinesis seemed to be leading them towards the ability to cause physical effects. This frightened the US missile command - if psychics could disable US ballistic missiles in their silos, or in flight, American deterrent capability would be destroyed. In 1975, Thomas Bearden, a nuclear engineer, was asked by the US Army to investigate this area of Russian psychical research. By then, the DIA were discussing Soviet psychokinesis at length:

All the Soviet and Czech research on PK is significant, especially that associated with the spectacular Soviet psychics Kulagina, Vinogradova and Ermolayev. Kulagina's highly publicized ability to affect living tissues might be applied against human targets; in like manner, Vinogradova's power to move objects, and Ermolayev's levitational ability could possibly be used to activate or deactivate power supplies or to steal military documents or hardware. Robert Pavlita's generators and Julius Krmessky's PK indicators could be (and possibly are now) used to train large numbers of lesser known Soviet and Czech citizens to develop, enhance, and control their latent psychic abilities. Such a cadre of trained but anonymous individuals could be used for any number of covert activities. Less spectacular, but more significant, is the fact that Soviet and Czech scientists are pursuing an interrelated, unified approach to determining the energy sources and interactions underlying PK and appear to be far ahead of their Western counterparts in reaching this goal. It will be but a short step from understanding to application and there is little doubt that many applications can be directed toward man for whatever purpose, be it good or bad. [Appendix 2, page 51.]

Both superpowers became interested in telekinesis. Telekinetic effects may be small, but it does not take much force to ruin a circuit board in a missile-guidance system, or tear open a capillary in the brain.

In the early seventies, Soviet, Czech and Chinese paranormal-warfare projects forced the CIA reluctantly to start their own psi-spy programme but the number of scientists willing to help the CIA was very limited.

However, two physicists, Russell Targ and Dr Hal Puthoff, agreed to help the CIA. They began remote-viewing research at the Stanford Research Institute in California. On 6 June 1972, the first psychic experiments were begun with Ingo Swann, a leading clairvoyant. He had served in Korea, but by the 1970s was an artist who supplemented his income by becoming a subject in parapsychology experiments. His remote-viewing abilities were eventually demonstrated to be of a high order and he was later to invent the six stages of protocols now used by all US remote viewers. On this first test, Swann succeeded in psychically influencing a magnetometer. There followed a series of remote-viewing experiments which proved hit and miss.

In the autumn of 1972, Yuri Geller visited the Stanford Research Institute and was tested by Targ and Puthoff. His talent was alleged to be quixotic, hard to pin down.*

* Mind Reach Hal Puthoff and Russell Targ (Delacorte, New York, 1977)

On one occasion in 1973, Swann demanded that geographical co-ordinates of the sites to be remotely viewed were given to him, rather than blind locations such as X. Targ and Puthoff were not pleased, but were forced into accepting co-ordinate remote viewing (CRV).** Remote viewing, a term coined by Targ and Puthoff, was a synergy created between telepathy and clairvoyance. It is like a psychic version of I spy with my little eye something beginning with the map co-ordinates... The monitor in this psychic-spying game travels mentally to that specific location, and the guesser attempts to obtain a mental image of that location and then sketches what he sees.

** Remote Viewers: The Secret History of America’s Psychic Spies Jim Schnabel (Dell, New York, 1977)

With this new form of remote viewing, Ingo Swann's efficiency increased to meaningful levels, and the CIA became interested enough to increase their initial funding of the project. When Puthoff gave Swann the co-ordinates of a place just east of California's Mount Shasta, the psychic’s response was, ‘Definitely see mountain to south west, not far, also east.’ The co-ordinates of a point 20 miles east of Mount Hekla volcano in southern Iceland produced: ‘Volcano to south west, I think I'm over ocean.’ When Puthoff gave the co-ordinates of the middle of Lake Victoria in Africa, Swann described: ‘Sense of speeding over water, landing on land. Lake to west, high elevation.’ Puthoff thought Swann had described the target inaccurately until he consulted the Times Atlas of the World and found his co-ordinates were those of the Tanzanian village of Ushashi, some 30 miles inland from Lake Victoria's south-eastern shore. Results such as this enabled Puthoff to get funding from the CIA Technical Services Division in the Directorate of Operations, which was transferred to the Directorate of Science and

Technology, later to be called the Office of Technical Services. There was also funding from the CIA Office of Research and Development.

Ingo Swann talks of an incident that occurred between 1975 and 1976 when he was asked to remotely view Soviet submarines:*

‘This was one of those “big test” things that went on, with witnesses, and the room was filled with top brass. Oh my God! Hal, I don't know what to do. I think that this submarine has shot down a UFO or the UFO fired on her. What shall I do? And Puthoff was as pale as anything you know, and he looked at me and whispered, “Oh Christ! It’s your show. You do what you think you should do.” So I sketched out this picture of this UFO and this brass (two- or three-star general) sitting on my right grabbed it and said, “What's that, Mr Swann?” I said, “Sir, I think it’s rather obvious what that is.” And he took the paper and stood up, and when he stood up, everybody else stood up except me and Puthoff, and he walked out of the room, and so did the others. So Puthoff and I went back to the hotel and I said, “Oh Christ, we've blown the program.” So we went out and got drunk on marguaritas and things like that. Three days later Puthoff got a call. The call said, “OK, how much money do you want?”’

* Ingo Swann interview on ‘Dreamland’ transcribed organization, University of Wisconsin, 12 December 1996. Quoted from ‘Remote Viewing and the US Intelligence Community’ Armen Victorian (Lobster magazine June 1996 No. 31)

While these early experiments with Swann were going on, Puthoff got a call from Pat Price, a retired police officer, offering his services. Price was tested by CIA liaison officer Richard Kennett, who gave him the approximate co-ordinates of his summer cabin in West Virginia. When Price responded with a detailed description of a secret US military underground base, Kennett thought he had failed; but when Kennett drove to his cabin sometime later, he found the location that Price had described was situated nearby. The 'Sugar Grove' - a National Security Agency (NSA) underground spy satellite, communication and telephone interception centre - had been described perfectly. Price had even named three of the senior officers who worked there. This generated a very serious DIA probe into Puthoff, Targ and Price. Suspected of being communist spies, the entire project was examined with a fine toothcomb, as the Pentagon did not believe Price could have got such detailed information about the NSA base by psychic means. When no evidence could be found, the heat died down. Price offered to remotely view the Russian counterpart to the NSA base, to soothe the CIA's discomfiture. He pinpointed the Russian base at Mount Narodnyna in a remote part of the northern Ural Mountains. He described the underground base, its high proportion of female personnel, radar dishes... The CIA were delighted.

Rivalry developed between Price and Swann, which was made worse by the fact that Price was acknowledged as the better psychic. Such was the power of Price's remote viewing that he could read numbers and words at the site he was studying. Price was asked by the CIA to remotely view the Semipalatinsk military research facility. He successfully described 60 foot diameter steel spheres and extremely large cranes, constructed with the use of sophisticated welding techniques to seal these nuclear-bomb containers together. Satellite photos showed that Price's remote viewing was correct. It

was assumed the Semipalatinsk complex was developing an exotic high-energy, beam weapon using nuclear explosions to power the proton or neutron beam.

Pat Price's death in 1975 under mysterious circumstances was highly controversial. It was alleged at the time that the Soviets poisoned Price, most likely with a mycotoxin. It would have been a top priority for the KGB to eliminate Price as his phenomenal remote-viewing abilities would have posed a significant danger to the USSR's paranormal-warfare build-up. He may also have been the victim of an elite group of Russian psi-agents trained to remotely kill enemies of the Soviet Union. Whatever the true reason, Price, the leading US psi-spy, was probably the first casualty of the inner-space arms race.

Not to be outdone, Swann convinced Puthoff and Targ that he could train anyone to remotely view. The aim was to train military personnel with security clearance, rather than psychics who had none. Swann persuaded military top brass who came to inspect the remote-viewing research to take part by pointing out that the training would enable them to remotely view top-secret files. Intelligence operatives from the CIA, DIA, NSA and other shadowy organizations also came calling. Such was the enthusiasm of the military and intelligence communities that they decided to fund a 20 year top-secret programme to train military remote viewers. This programme was called Stargate.

Ingo Swann used his co-ordinate remote-viewing system to help train the new breed of military remote viewers. These are the basis for the commercially available courses sold in the USA today, which cost $1000-7000 per week.

In 1976, the team started experimenting with precognitive remote viewing, which is a specialized version of clairvoyance, specifically to check on the future of the US embassy which was being built in Moscow but the remote viewers found it difficult to see that building in the future. When asked to describe the building as it would be in the mid-eighties, they could not agree on the same thing. What actually occurred was that the Russian construction teams had planted so many bugs in the structure (discovered by a giant X-ray machine brought in by the Americans), even using the steel supports as antennae, that eventually the construction had to be partly demolished. The US government decided to take away the top two floors and build four secure floors atop the bug-ridden structure. This possibly explained why the US remote viewers could not home in on the building in the future - it had no future, as it was almost completely demolished.

PROJECT GRILL FLAME

In the late seventies, the US Army set up its own small remote-viewing programme. Taking orders from the Army's Assistant Chief of Intelligence in the Pentagon, only a few dozen officials in the intelligence community knew about this project, code-named Grill Flame. Documents obtained from US intelligence, published in part in Lobster magazine, show that Grill Flame was the operational wing of the overall Stargate programme, which was originally set up in 1977 to assess what intelligence information an enemy could tap into by psychic means. In 1978, with the establishment of Detachment @G@ (later listed in the Intelligence and Security Command (INSCOM) books as Grill Flame), the US Army was given a new mission - to utilize remote viewing

as an intelligence-gathering tool. Eventually, the entire Defense Department's remote-viewing programme was moved under the administrative umbrella of Grill Flame.

Six people - Mel Riley, Joe McMoneagle, Ken Bell, Fern Gauvin, Hartleigh Trent and Nancy Stern - most of them army personnel, were tested by the Stanford Research Institute for the Grill Flame project and all were found to be suitable. Based at Fort Meade in Maryland, the home of the NSA, the largest US intelligence branch, this unit carried out remote viewing against Soviet and Chinese bases. In late 1978, its services were made available to anyone in the US intelligence community who had high enough access. General Ed Thompson, in overall command of the unit, increased funding so that Mel Riley, Joe McMoneagle and Ken Bell, nicknamed the 'Special Action Branch', could work full time on the project. In the summer of 1979, Mel Riley was assigned one of his first important remote-viewing targets - a Chinese nuclear-weapon test near Lop Nor. He remotely viewed an airborne nuclear-weapon drop by the Chinese in which the weapon exploded but failed to go into a nuclear chain reaction. He also reported that it was much more sophisticated in its construction than anticipated and made use of enrichment processes the intelligence people had not expected from China.*

* 'Operational project summary: an unofficial list of nineteen apparent RV successes, 1974-93' Dale Graff (CIA sponsored report, 1995).

Joe McMoneagle was asked by the NSA to remotely view a US consulate in the Mediterranean theatre from which the Russians were extracting information. McMoneagle correctly described a Russian listening post opposite the consulate, and the location of the electronic bug inside the consulate - he even psychically spied upon an NSA counterespionage team in a room beneath the Russians.**

McMoneagle sensed radioactivity as a green glow when he was remotely viewing a Russian nuclear facility and saw a greenish glow emanating from the nuclear reactor. In 1979, he remotely viewed a greenish glow around a nuclear weapon on the seabed off the coast of Spain. The weapon was rumoured to have fallen from an American nuclear bomber.

Like Joe McMoneagle at Fort Meade, Ingo Swann at the Stanford Research Institute was asked to detect nuclear reaction. Using remote viewing, he was able to determine the moment a rocket motor was fired, and in another case, the event and time of a nuclear-weapon detonation in Nevada.

** Remote Viewers: The Secret History of America's Psychic Spies Jim Schnabel (Dell, New York, 1977)

The Fort Meade group were set to predict the impact site of Sky Lab. When the space station finally fell to Earth, it struck Western Australia; McMoneagle had predicted this general area in his remote viewing. Ken Bell successfully found a downed US helicopter in a remote part of Peru. He was distraught to remotely view the burnt and broken corpses of the pilot and co-pilot.

The Russians have spent billions of roubles developing ESP. Have the Americans developed the same telepathic scanning technology? One story has it that the Grill Flame

group successfully psychically interrogated an agent in an Eastern European country. The CIA were suspicious of him but needed to know the right questions to ask to uncover his misdeeds. McMoneagle remotely viewed the agent and discovered that he had received a large amount of money. During his next annual lie-detector test, the agent, when questioned about the money, blurted out, 'How could you have known that!'*

* Remote Viewers: The Secret History of America's Psychic Spies Jim Schnabel (Dell, New York, 1977)

The main aim of the CIA and DIA research teams at this time, however, was to develop a reliable psychic-spying method. To test out the powers of the US remote viewers, they were asked to spy psychically on US top-secret projects. McMoneagle remotely viewed a new experimental XM-1 tank in a hangar, correctly describing its special armour, main gun and targeting system and producing a detailed diagram of the tank, which was later to be the M1 main battle tank used by the US Army in the Gulf War. Riley psychically spied on the bat-like B1 stealth bomber, years before it was made public. Results like this proved to the military that remote viewing was a very powerful intelligence asset.

Unfortunately, the remote-viewing group's warnings that psi-poisoned gifts from the Russians to US diplomats should be removed, or at the very least be put in isolated rooms, fell on deaf ears and at worst generated ridicule. Mainstream US society was not ready to understand that the Soviet Union had developed paranormal weapons and thus instigated a whole new branch of warfare.

In their psychic spying, the US remote-viewing group (the team of six were by now nicknamed the Naturals) studied the new main Soviet battle tank, the T-72. They also remotely viewed how one of these T-72s was stolen by the CIA from Eastern Europe and brought to the USA by freighter.

McMoneagle's greatest display of remote viewing was in 1979 when he investigated a naval facility at Severodvinsk on the White Sea near the Arctic Circle. Within a huge building in the facility, McMoneagle discovered a giant submarine, the size of a First World War battleship. McMoneagle, with the aid of Hartleigh Trent, sketched the submarine which had 20 canted tubes for ballistic missiles, a double hull and a new type of drive mechanism. During one remote-viewing session, McMoneagle saw the Russians dynamiting a channel from the building, which was 100 yards from the water's edge. Satellite photos confirmed the Typhoon class submarine at the dockside some four months after McMoneagle's last remote viewing. His spectacular remote-viewing ability enabled him, in his own words, 'to gain access to the insides of filing cabinets, desk drawers, rooms, buildings in restricted areas of other countries for espionage purposes'.* The incident with the Typhoon submarine and his picture-perfect remote viewing of other sites demonstrated that Joe McMoneagle was now the finest remote viewer in the team. In fact, he was one of the US government's premier psi-spies. When this army intelligence officer left Stargate in 1984, he was awarded a Legion of Merit for providing information on 150 targets that was unavailable from other sources.

* Mind Trek, Joe McMoneagle (Hampton Roads Press, 1993)

US REMOTE VIEWING EXPANDS IN SCOPE

While the Naturals were working on improving their technique, so other methods were constantly being developed, as CIA reports for their Research and Development Office, declassified in 1995, reveal. Targ and Puthoff at the Stanford Research Institute had refined many different training techniques. In outbound remote viewing, for instance, an experimenter mentally visited the target site, while the remote viewer tried to visualize the experimenter's surroundings. Then the remote viewer was taken to the target site to get an actual look at what he had been seeing in his mind's eye. This was extended to long-distance outbound remote viewing (without the final visit) which was used to look for kidnap victims, terrorist bombs, etc., with much work being carried out on high-tech targets including nuclear facilities and Mikoyan and Sukhoi the Soviet aircraft design bureaux. The remote-viewing unit was being trained in the technical mind-set needed to psychically spy on the Soviets and Chinese.

However, these all involved remote viewing being carried out from a normal state of consciousness, i.e. the beta state. The technique favoured by the Fort Meade military remote viewers was called extended remote viewing (ERV) whereby the remote viewer practised psychic spying from a deeper level of consciousness, the theta state, normally found in dreaming. Biofeedback and EEG machines were used to train the remote viewer to put him- or herself into the theta state. A special room to cut out external stimuli was used to facilitate ERV. This advanced form of remote viewing was the technique the Russian remote viewers used.

Ingo Swann continued to use the co-ordinate remote-viewing method. In one notorious session he spoke about on a 1996 Equinox Programme, The Real X-Files, on Channel 4, he psychically spied on a location in the Soviet Union which was being used for biological-weapons research on unwilling human victims. This could have been the biological-warfare complex at Obolensk, in a forest to the south of Moscow. Swann catalogued a number of such biological-weapons sites, including one at Stepnogorsk, an island in the Aral Sea called Vozrozhdeniye, Berdsk and the city of Sverdlovsk, which in 1979 had suffered a deadly accident with anthrax spores that killed hundreds of Russians.

Gary Langford, another talented remote viewer from Stanford, and Swann also tested CRV techniques on underwater Atlantic ridges, looking for Russian ballistic-missile submarines. In fact, the Stanford and Fort Meade military remote viewers worked together on many projects. According to the 'Operational project summary: an unofficial list of nineteen apparent RV successes, 1974-93' compiled by Dale Graff and selectively released by the CIA to sponsored investigators in 1995, the strategic use of remote viewing was made plain by the Stanford remote viewers being used by the Air Force to look for the new MX ballistic-missile sites. Soviet missiles were becoming so accurate that there was a possibility that they could destroy nearly all US land-based nuclear ballistic missiles in a first strike. In 1979, the Air Force had come up with the MX missile plan in which 200 mobile nuclear missiles were to be distributed, on a special railroad 30 miles long, between 23 specially hardened silos. The Soviets would have to fire two missiles per silo, necessitating a total of 9,200 Russian warheads, which was thought to be too many nuclear weapons for the Soviets to be able to deploy.

The Stanford Research Institute was asked by the Air Force to see if remote viewing could be used to pinpoint the missiles in their specific silos. Two thousand students were tested for remote-viewing abilities. Groups of those who passed were set to find the silos, in a shell-game simulation. They had 10 per cent accuracy. Mary Long, the remote-viewing prodigy of the group, reached 80 per cent accuracy. The Air Force were not pleased at this result, as it cast doubt on the efficacy of their plan. Since the Soviets were far more advanced than the USA in paranormal warfare, they probably had groups of remote viewers with Mary Long-like abilities. In the end, only 50 MX missiles were built and these were housed in old Minuteman silos at Warren Air Force Base in Wyoming and in Colorado.

CIA sponsored research enabled Puthoff to make a study of the brains of remote viewers, to see if any neurophysiological changes could be found. Los Alamos National Laboratory gave the Stanford remote viewers brain scans, using super-conducting magnetoencephalographs. Puthoff and the CIA were keen to find the part of the brain involved with psi activity, and they pinpointed the temporal lobes, which are situated to the front and side of the cortex, i.e. the top spongy grey matter of the brain (see Figure 1, page 00).

In 1980, the CIA asked Ken Bell to help them with a suspected KGB agent who had been detained by BOSS (the South African intelligence organization) in South Africa. The KGB agent was proving difficult to break. Bell remotely viewed the KGB suspect and telepathically interrogated the man. During this psychic interrogation, Bell asked the man questions which were telepathically transmitted to the Russian and appeared in the man's thoughts as if he was asking them of himself. Bell discovered that the suspect was using a pocket calculator specially modified to decode messages from the KGB. One of the BOSS agents had taken the calculator home. When it was recovered and examined, it enabled them to prove the man was a KGB agent.

The Fort Meade group were called upon to spy on the ultra-secret nuclear testing base at Semipalatinsk, as well as looking for the crash site of a wrecked Soviet Tu-95 bomber, but their real test was to come with the task of finding the whereabouts of US hostages in Iran, who were captured in 1979. In April 1980, Hartleigh Trent remotely viewed US special forces rappelling out of helicopters in Iran, and day after day, the group used remote viewing to keep tabs on the hostages. However, on 25 April 1980 President Carter announced that the rescue mission had been a debacle; Nancy Stern left the Grill Flame project, followed shortly by Fern Gauvin. By early 1981, most of the Grill Flame team had dispersed, Bell and Riley to the regular army and normal military work, and McMoneagle was nearing retirement. Hartleigh Trent died of cancer. The need for new blood from the Stanford Research Institute to bolster the US remote-viewing programme was growing.

AMPLIFYING REMOTE VIEWING

By the early eighties, Ingo Swann was working for Jack Vorona of the DIA and General Ed Thompson, who was still in overall charge of the Fort Meade project. Puthoff had found that two-thirds of the data gained by remote viewing was correct, but the aim, as

always, was to improve accuracy.

Techniques used by US remote viewers in these early days included locking up their thoughts in a 'mental suitcase'; ultra-quiet remote-viewing rooms; sensory deprivation tanks; alpha- and theta-inducing mind machines - now sold to the public; biofeedback using EEG machines to enable the remote viewer to get in the mood for remote viewing by entering a theta state.

Ingo Swann became interested in teaching pupils how to distinguish signal (or first impressions) from noise (or attempts to analyze). If the remote viewer's first impressions were recorded without any attempt to analyze them, the information was of high accuracy. When the remote viewer tried to analyze what he or she was seeing, accuracy plummeted. This phenomenon was called analytical overlay. Within the first two seconds of studying an event, or part of the target, accuracy was high; once the remote viewer tried to analyze the image or information, the remote viewing became garbled or wrong. Puthoff postulated that the left hemisphere of the brain was not involved in psi activity. Since the left part of our brains is involved in analytical, mathematical and alphanumeric data, he theorized that this part of our brain gets in the way of the deeper, non-language based parts involved in remote viewing. It is rather like a person with a damaged left hemisphere who can see and draw pictures but cannot label them accurately. Swann developed remote-viewing methods of working that concentrated on raw data, and then in later parts of the session, on bringing in analytical information, when it was more likely to be right. In this way, Swann assumed that the brain could be trained to evaluate psi data. In effect, he was attempting to rewire the neural network of the brain, to build in a sixth sense. This was his method:

Stage One - doodle the first thing that comes into your mind after being given the co-ordinates of the remote-viewing target. The essence of the target could be seen in this ideogram. As the session developed, visual imagery could be brought in and finally analytical information, which was strictly avoided until then.

Stage Two - allow visual and sensory data into your consciousness but discard any analytical mental processes. The raw data of remote-viewing perceptions was to the fore, with no conscious thought about what it may or may not be.

Stage Three - put an overview of your remote-viewing perceptions into a bigger picture, possibly drawing numerous pictures.

Stage Four - make lists of the emotional and aesthetic impact what you have seen in the remote-viewing session has had on you. List the tangibles and intangibles of which you were aware. Finally make a sketch including all the information acquired in the remote-viewing session.

These four protocols, as he called them, were used in the early days. Swann later added a Stage Five, in which ways of improving remote-viewing resolution were implemented; and a Stage Six, in which a three-dimensional representation of the target was arrived at, by making models of the target. Later still, other teachers introduced a stage seven which involves reading documents at the remote-viewing location. These CRV protocols still

form the basis for all remote viewing taught in the USA.

Puthoff theorized that remote viewing was a form of subliminal perception, rather like the image flashed on the screen too fast to be consciously seen but nevertheless perceived by the subconscious. It seemed as if the remote viewer was travelling to the target for the briefest of moments, picking up a subliminal perception of it, then alighting back in his body. As the remote-viewing process was repeated, the remote viewer went back to the target and slowly built up a picture of what he was seeing as a set of subliminal images and perceptions that slowly, tenuously, slipped into conscious awareness. In later chapters, we will discuss how this US research fits into an overall theory of how remote viewing works - the physics of the paranormal.

REMOTE VIEWING MOVES TO WIDER CIRCLES

Psychic Noreen Renier, during a 1981 lecture at the FBI's training centre at Quantico in Virginia, predicted President Reagan would be the subject of an assassination attempt that spring, which turned out to be correct. The White House was very pro-paranormal. Ronald and Nancy Reagan regularly consulted astrologer Joan Quigley.

Freelance psi-spies such as Alex Tannous were kept busy by the CIA. When the CIA's station chief in Beirut, William Buckley, was kidnapped by Moslem terrorists, the Agency's Directorate of Operations asked Tannous to remotely view the captive. When Tannous reported the route of the kidnapping and that Buckley had been tortured to death by the terrorists, the CIA were not happy to hear his news - especially since it turned out to be true. Tannous’s group of private psi-spies were also used by the secret service to find an assassin code-named the 'Cat', who was targeting Ronald Reagan.

A massive boost to official remote-viewing deployment in the US Army came with the appointment in 1981 of Major General Albert Stubblebine to head Intelligence Security Command (INSCOM). A true believer in remote viewing - 'I will tell you for the record that there are structures underneath the surface of the Mars’ I will also tell you that there are machines under the surface of Mars that you can look at. You can find out in detail, you can see what they are, who they are and a lot of detail about them...you can do that through remote viewing'* - and the merits of paranormal warfare, Stubblebine had pushed through neuro-linguistic programming in the management training of staff officers and the teaching of out-of-body consciousness at the Monroe Institute. The military, under Major General Stubblebine, with the help of Jack Vorona of the DIA and the technical expertise of Hal Puthoff, pushed forward the remote-viewing project at Fort Meade.

* Nexus magazine, Remote Viewing, Vol 2 No 21, Aug-Sep 1994

Colonel John Alexander oversaw many of these INSCOM projects for Stubblebine. Alexander, a true visionary, had published a seminal article in Military Review called 'The New Mental Battlefield', in which he described remote viewing and extolled its usefulness, and suggested that effective mind-influencing devices were already a lethal reality referring to Warsaw Pact psychotronic weapons and how they might be used against the USA.

Another innovation, according to Sally Squires of the Washington Post (‘The Pentagon's twilight zone’ 17 April 1988), was an Army war college called Task Force Delta, which looked at the development of paranormal warrior-monks. The project was to investigate strange philosophical practices for anything that might be of use to the military. Lieutenant Colonel Jim Chandler and like-minded officers from the Task Force came up with the name 'First Earth Battalion' - an ecologically minded, politically correct, warrior-monk vision for the future soldier. A 1982 report of a Task Force Delta meeting was reported by Colonel Mike Malone: 'I am one of the tribal elders...my name is "The Mullet Man." I am known as the one who casts nets. And I try to tell people that of all those who cast nets, most should focus more on the casting than the catching. I live with, fish for, and push the cause of the mullet, because he is a "low-class" fish. He is simple. He is honest. He moves around in great formations and columns. He does damn near all the work...'

According to documents in my possession, Jack Houck, a defence consultant and the US expert on psychokinesis, introduced Stubblebine and Alexander to spoon bending, which Stubblebine subsequently showed to INSCOM officers, as well as to General Thompson, Directorate Chief at the DIA, and John McMahon, Deputy Director of the CIA.

For some time, character clashes had been evident amongst the Stanford researchers and Fort Meade remote viewers and now they became acrimonious. Russell Targ’s finance was stopped by the DIA for alleged sloppiness, and in 1983 he and remote viewer Keith Harary left to go into business on their own. Initially they proved spectacularly successful in analyzing the silver-futures options for clients,* but again bitter acrimony was the end result. It seemed opening Pandora's box of remote viewing led to bitter emotional and personality clashes.

* The goose that laid the silver eggs: a critism of psi and silver futures forecasting, The Journal of the American Society for Psychical Research, October year October 1992, volume 86

In 1983, the military remote-viewing programme came under the auspices of INSCOM and the direct control of Stubblebine, in the process receiving the new code-name of Center Lane. The unit was used to look for terrorists, among other things. When Brigadier General James Dozier was kidnapped by the Italian Red Brigade, the team at Fort Meade was asked to find him. Langford had predicted the blue van that was involved in the kidnapping; McMoneagle gave an exact description of the second-floor room in Padua in which Dozier was being held; another remote viewer, Ted Wheatley, found the exact town. Dozier was eventually found and freed, thanks in part to signals intelligence by US special-operations teams. He was found in a second-floor room with a radiator on the wall at the store with a distinctive facade on the ground floor, just as McMoneagle described.

New blood was introduced by Stubblebine into the Fort Meade group, including Lyn Buchanan and Ed Dames.

Ingo Swann’s training enabled the new US military remote viewers not only to learn CRV and simple ERV, but to experience bilocation. This was seen as the first major step

towards Russian techniques of remote viewing. It enabled the remote viewer to perceive the target as if he or she was actually there. In the US, bilocation was seen as the pinnacle of remote viewing, a peak experience to be enjoyed when it occurred. Of all Swann's trainees, Tom Nance was the finest; he could make models of what he was remotely viewing, Stage Six of Swann's training.

Stubblebine's replacement by Major General Harry Soyster put the Fort Meade group into a strong decline; it was transferred to the DIA, renamed Sun Streak. While the Army's remote-viewing group fell on hard times, the Stanford group blossomed, working for all branches of the US government. During 1984 and 1985, Jack Vorona of the CIA and Hal Puthoff lobbied congress, the military and intelligence agencies for funds. Remote-viewing demonstrations were held for the White House, the Navy, the Air Force, the CIA, Joint Chiefs of Staff, the National Security Council, NSA, FBI, DEA, the Customs Service, the Coast Guard, and the Defense Advanced Research Projects Agency. As a result, they won the support of a Pentagon-affiliated agency and a five-year, $10 million research and development contract to work on the neurophysiology of remote viewing, and psi abilities such as psychokinesis.

Most of the old experienced remote viewers died from cancer or heart attacks, even McMoneagle had a massive heart attack that nearly killed him in June 1985. The American remote viewers were oblivious of the enormous remote-influencing and killing potential of the Soviet Union's thousands of KGB trained paranormal-warfare experts. US remote viewers were seen as a danger to the Soviet's paranormal-warfare capability. A paranormal first strike to take out US remote viewers would have been seen as a legitimate military operation by the KGB. Since the US did not possess any remote killers, it would be relatively safe, with no chance of a psi-counterstrike. Though no hard evidence shows this to be true, the massive Soviet capability in psi warfare lends credence to the first-strike scenario.

Sun Streak was given the job of remotely viewing high-tech Soviet weapons. In 1987, they psychically spied upon the Dushanbe satellite tracking, communication and strategic laser complex in the USSR. Mel Riley and Paul Smith were among the unit's remote viewers. They located Chinese Silkworm missile emplacements in Iran, towards the end of the Iran-Iraq war. In 1988 and 1989, the unit helped the Drug Enforcement Agency (DEA) look for drug routes, vessels and barons. They also psychically searched for US POWs abandoned to their fate in Vietnam after the war.

With a new DIA operations officer, Fern Gauvin (a former Natural with Grill Flame), more exotic and occult techniques were practised at Fort Meade. Up until then, CRV and ERV were the only techniques regularly used. Now channelling, allowing your body to be taken over by a spirit, was added to the portfolio of techniques. Written remote viewing, where the spirit wrote down the answer to whatever you were remotely viewing, enabled Angela Dellafiora to find a rogue US Customs Service officer, Charles Jordan, in Lovell, Wyoming. She predicted how Quaddafi would transport chemical weapons from the facility at Rabta by ship to another location, to avoid US surveillance and a presumed bombing raid. She even predicted a hijacking in Rome, or Athens, of US airline passengers by Moslem terrorists.

The channelling of information by discarnate spirits to enable remote viewing has a long history. Helen Duncan was a psychic who publicly stated at a seance during the height of the Second World War that a British battleship had been sunk. She was promptly jailed by the British authorities. It is known that Churchill was aware of psychic warfare during the Second World War. The lighting of candles and meditation on the powers of light was used to ward of the evil forces of Hitler.* Churchill was concerned that vital defence information may have been leaked by Helen Duncan if she was allowed to continue. A front-page article in The Times in January 1998, revealed that pressure was being put on the government to pardon Helen Duncan, Britain's first convicted psychic viewer. Until this very day, psychic viewing is looked on by the British establishment with horror. A country such as the UK, obsessed with secrecy, cannot allow remote viewing to become public knowledge _ as I have found to my cost.

* The Spear of Destiny Trevor Ravenscroft, Neville Spearman, 1973.

THE TWILIGHT YEARS OF US MILITARY REMOTE VIEWING

In 1988, the new Secretary of Defense, Frank Carlucci, announced a $33 billion defence cut. A Pentagon Inspector General's team arrived at Fort Meade to examine the work the US military remote viewers had been undertaking. Numerous files were shredded before the Inspector General's team could examine them, remote viewers were told to avoid the inspectors. Not surprisingly, the Inspector General recommended that the remote-viewing unit be shut down. Many of the personnel left. Ingo Swann left Stanford in 1988; Ed Dames left the unit that summer, and Mel Riley retired in 1990.

In fact, the unit survived, but only four remote viewers were left at Fort Meade when the Gulf War started in 1991. They were asked to find mobile scud-missile launchers in the western desert of Iraq. Ken Bell and Joe McMoneagle, acting as private contractors, aided in this psychic hunt for the scuds. Towards the end of the Gulf War, David Morehouse and two other independent remote viewers, were asked by the DIA to examine the Iraqi army units which were torching the oil wells in Kuwait. Morehouse claims he saw the Iraqis releasing toxic agents into the conflagration. According to Morehouse's remote viewing, these nerve agents, mycotoxins and bacteriological substances, were spread at low concentrations to give US and UK troops chronic poisoning that would not show up at the time, but would disable or kill these soldiers years later. Acute poisoning which would have killed US and allied troops on the battlefield may have forced the USA to respond with nuclear weapons. The Iraqi command may therefore have considered they only had the option of a low-level chemical and biological weapon response. If Saddam Hussein actually ordered this attack, as Morehouse states, he is responsible for over 10,000 US deaths from Gulf War Syndrome. To add to this horror, nearly 250,000 ex-servicemen and women are now severely ill, many having children with birth defects.*

*Gulf War Syndrome: Biological Black Magic: David G Guyatt, Nexus Aug-Sep 1997, Vol 4 No 5.

Sun Streak was now renamed Stargate (as the overall programme was called in 1977). In 1994, the American Institute for Research (AIR) was asked by the CIA to evaluate the remote-viewing programme. Ray Hyman, a psychology professor at the University of Oregon in Eugene, and Jessica Utts, a professor of statistics at the University of California, helped prepare the study. Hyman was sceptical. ‘My conclusion was that there’s no evidence these people have done anything helpful for the government,’ he said. Utts, however, thought some of the results were promising; ‘I think they would be effective if they were used in conjunction with other intelligence,’ she said, but that the statistical results were promising enough for research to continue. ‘I would like to see funding in the open science world - I think we’re at the point that something needs to be explained,’ she said. However, David Goslin, who headed the AIR team, concluded that evidence for the 1993-94 period showed that remote viewing was not useful. This seems to have been a politically motivated decision, according to Dr Edwin C. May, Director of Research for Remote Viewing Programs for both the CIA and DIA: 'Dr May believes that the reasons for the cancellation of the RV programs were mainly due to the geopolitical shifts, and a review of priorities by the intelligence community.'*

Dr Marcello Truzzi a research scientist in this area adds:

‘the recent strange CIA/AIR report on the one hand indicates about fifteen per cent above chance guessing rate while somehow managing to conclude that RV is not operationally useful (bad enough but also dismissing the many hits in the operational, non-experimental efforts with RV). Given the low reliability of so many espionage methods and sources, one would have expected them to be delighted with fifteen per cent over chance. Obviously, the conclusions were dictated in advance of the evaluation study and were mostly politically motivated.

* Remote Viewing and the US Intelligence Community Armen Victorian, Lobster vol 31 June 1996.

The decision to halt remote viewing was extraordinary. According to conventional science, remote viewing could not possibly work. Fifteen per cent accuracy (McMoneagle states it was 50 per cent and Morehouse gives 80 per cent) shows that our conventional science must be wrong. Russian science had expanded to encompass psi and in doing so allowed them to develop operational psi warfare. US remote viewing, lacking a comparable theoretical basis, was easily dismissed by the sceptics as illusory.

In 1995, the CIA released information on the remote-viewing programme it had decided to discontinue. A 29 November Associated Press wire story stated:

CIA confirms US used 'psychic' spies. Project 'Star Gate' employed psychics to hunt down Libyan leader Muammar Quaddafi, find plutonium in North Korea and help drug enforcement agencies. CIA spokesman Mark Mansfield confirmed the existence of the Star Gate study. ‘The CIA is reviewing available programs regarding parapsychological phenomena, mostly remote viewing, to determine their usefulness to the intelligence community,’ he said.

But he noted that when the CIA first sponsored research on the program in the 1970s, the

program was found to be ‘unpromising’ and was later turned over to the Defense Department.

PRESENT-DAY PSI RESEARCH

The US remote-viewing programme was being run down by 1988. This might be comfortable for the scientific community, but in fact remote viewing is still being developed by the military, in absolute secrecy. DIA personnel and other secret groups in the US military are developing paranormal warfare along similar lines to the Russian research. The aim is to protect democracy against Chinese paranormal-warfare projects, including remote influencing. A May 1992 DIA report, classified Secret/NOFORN (no foreigner), as well as open-source literature on the scope and thrust of the Chinese parapsychological effort, shows a five to ten year intelligence gap in this area.

The US military's official position on remote viewing was stated by CIA spokesperson David Christian, who accepted that no further governmental US research into remote viewing was warranted: ‘We think the intelligence community shouldn't pursue research on this and that it is best left to the private sector.’

However, a carefully planned campaign of disinformation to mask the continued and accelerated study of psi warfare became necessary following a chance remark made by former president Jimmy Carter at a conference in South Africa in 1995. CNN reported on 20 September 1995:

Carter: CIA used psychics to help find missing plane. Atlanta, Georgia (CNN) - Former President Jimmy Carter said the CIA, without his knowledge, once consulted a psychic to help locate a missing government plane in Africa. Carter told students at Emory University that the ‘special US plane crashed somewhere in Zaire’ while he was president.

According to Carter, US spy satellites could find no trace of the aircraft, so the CIA consulted a psychic from California. Carter said the woman ‘went into a trance and gave some latitude and longitude figures. We focused our satellite cameras on that point and the plane was there.’

The Carter statement was circulated by Reuters in September 1995 (‘Carter says psychic found lost plane for CIA’).

Milton Friedman, a speech writer for President Frod with inside information, writing in Venture Inward magazine, Jan-Feb 1996, in an article called, Intuition is Alive in Washington, has said that:

‘Remote-viewing accuracy was actually sixty per cent to eighty-five per cent (not fifteen per cent as claimed). The programs have not closed down but been moved under a deeper cloak of secrecy. (Other agencies like the FBI are now training their agents to use intuition in investigations like the Oklahoma City bombing incident.) The budgets are enormous - much more than the alleged twenty million dollars over twenty years. The intelligence data picked up by psi-spies is called, 'critical, crucial, vital and unavailable

from any other source'. It was used by the highest echelons of the military and the government.'

The highest ranks of the military are involved in the new research. An official CIA paper written by Gerald K. Haines of the National Reconnaissance Office, states: 'There is a DIA Psychic Center and the NSA studies parapsychology, that branch of psychology that deals with the investigation of such psychic phenomena as clairvoyance, extrasensory perception, and telepathy.'

Robert Gates, former Director of the CIA, estimated 'that the intelligence community had invested about twenty million dollars over the sixteen-year period during which the threat was under examination,' ('Night Line' TV show, 28 November 1995).

Ingo Swann responded on 1 December 1995:

A great deal was learned for those twenty million dollars, and our nation received a lot back for the bucks spent. And this knowledge, although somewhat on the shelf now, will soon come in handy again. Several quite respectable sources have informed me that two major nations are making advances in psychoenergetics applications, one of which is remote viewing. It is also alleged that a third, smaller nation with well-known and advertised hatred of the American way of life, is also making progress. I believe these sources, because I know that liberated Russia sold for big bucks the Soviet psychic secrets three times over in order to acquire needed foreign exchange monies.

The fifteen per cent accuracy cited in recent public statements on behalf of the CIA is the baseline which ordinary non-gifted and untrained persons often do achieve. This figure was identified very early in the Stanford research phase. The minimum accuracy needed by the clients was sixty-five per cent. In the later stages of the development [training] part of the effort, this accuracy level was achieved and often consistently exceeded.

...remote viewers did help find scud missiles, did help find biological and chemical warfare projects, did locate tunnels and extensive underground facilities and identify their purposes...

From the top of our system down, there are many who could stand up and be counted regarding the efficiency of developed remote viewing, and even regarding superior natural psychics. It has been circulated in the intelligence community that successful remote-viewing sessions probably saved the nation a billion-plus dollars in what otherwise would have been wasted, or misdirected, activities. Not a bad payback for the twenty million dollars.

US research into remote manipulating and influencing, which concentrates on the telepathic knockout at which the Russians are expert, and the use of sleep-wake hypnosis to control people at a distance or plant suggestions in their brains, has obvious military value. According in Armen Victorian,* it is headed by Colonel John Alexander, the former Director of Non-Lethal Weapons at the Los Alamos National Laboratory, who remains advisory head of Nato's Non-Lethal Defense initiative. He was assistant to General Stubblebine on Grill Flame. One of America's leading experts on paranormal warfare, Alexander foresaw the danger psi warfare posed when most others ridiculed the

very idea. He has been the prime mover in shaping DIA psi warfare for the twenty-first century.

* ‘The Pentagon’s Penguin’ Armen Victorian (Lobster magazine 28, Dec 1994)

The Japanese, having also bought the technology from the Russians, have brought psi warfare into the corporate arena. Any US firm that is not aware of it will be at risk. Russian researchers found they could remotely influence the decision-makers in foreign governments. New Scientist (23 December 1995) revealed a major Japanese Corporation’s attempts to use psychotronic technology in the business world to further Japanese interests. They are apparently developing mind-reading machines. US firms that are ignorant of psychotronics will be at a major disadvantage to foreign competitors who master this new field of study developed by the Soviet Union.

There is a danger that the Chinese are developing military remote influencers, who may be used against the USA and the West. Faced with these scenarios, there are secret psi-warfare projects spearheadihg US countermeasures.

Few people understand the power of psi, in effect consigning the paranormal to mental aberration or hallucination. There is a private programme which would not be subject to the US Freedom of Information Act. One of these new top-secret institutes is multi-millionaire Robert. Bigelow's Nevada-based National Institute for Discovery Science. Robert Bigelow is recruiting leading researchers in UFOs, remote viewing and other fringe sciences, with the aim of developing a biophysical research programme that can match the Russians, who still lead the world in this area. Colonel Alexander is a leading proponent of this type of this research and advises Nato on non lethal weapons and there uses.*

* ‘The Pentagon’s Penguin’ Armen Victorian (Lobster magazine 28, Dec 1994)

At the end of the millennium, it seems that the USA has indeed entered a new age, one in which American psi-spies stand between democracy and foreign powers, which by the use of remote viewing, remote sensing and remote influencing, can modify the decisions and behaviour of the politicians upon whom democracy depends. With the end of the Cold War, the inner-space arms race has not died down, but instead spread further afield.

Unravelling the nature of reality

I believe that the universe is more structured than modern theorists would imagine. Physics used to be an experimentally based science in which theories were developed to explain experimental data. In recent times, more and more complex theories have been developed, but little experimental work has been carried out because the high energies involved require particle accelerators that western governments do not fund because of the enormous cost. The next 20 years will therefore be full of more and more complex mathematical physical theories, which to all intents and purposes are unprovable by experiment. Physicists have, in effect, become highly educated science-fiction writers. In my research into remote viewing it forced me to reappraise the nature of reality in order to begin to come to terms with how it could possibly work. Science has overlooked the implications that remote viewing has for the nature of physical reality. According to

physics and biology, remote viewing is not possible. In chapter 5, we look at the science underlying remote viewing.

Toward a Scientific Understanding of Remote Viewing

The Russians have been the world experts in biophysics and especially biophysical energy fields since the late fifties, concentrating their research on military use and areas such as telekinesis. They have also investigated the existence of specific psi genes that promote and mediate remote viewing. Their greatest achievements lie in the discovery of the biophysical fields involved in psychotronics, which led them on to develop a biological basis for remote viewing.

BIOPHYSICS

Advances in developmental cell biology during the last ten years have enabled the science of biophysics to include psi. Remote viewing uses biophysical fields to enable perception to occur outside of the physical body. This can be explained as biophysical awareness, or a sixth sense, and is the basis for out-of-body experiences, clairvoyance or remote viewing, ESP and telepathy.

The physical body is surrounded by a mantle of electromagnetic energy. In fact, our eyes pick up this low-level light emission, but 90 per cent of it is filtered out in the thalamus area of the brain, the part that deals with attention (Figure 2). The thalamus is controlled by the brain’s limbic system, which looks after our emotions, decision-making and memory. The information that gets through this mental filter is fitted into a visual mental model which we see as reality. The advanced mental training involved in remote viewing enables the remote viewer to clear the neural and mental blockages that make ordinary people perceive but a pale shadow of the real world. Children are taught to see the world as their parents and teachers do, and in the process they condition themselves to block out imagery that does not conform to the norm, such as auras around people, imaginary friends, empathic awareness and the ability to read body language that enables the child to know how another person is feeling.

Once visual perception is unfiltered using remote-viewing training programmes, auras, the emission of visible light around people, can be seen. Stimulation of the brain by the use of autovisualization can affect brain function so that deeper more relaxed states of mind, which are the gateway to remote viewing, can be achieved. The Russians discovered that visualizing a set of physical actions, such as gymnastics or shot putting in the mind's eye, enabled Soviet athletes to train their bodies to better accomplish the athletic event. They also discovered that autovisualization of the immune system could boost its efficiency. Dr Carl Simonton developed this methodology in the United States. He taught cancer patients to visualize their immune system's white blood cells eating cancer cells. autovisualization was found to increase the life expectancy of these terminal cancer patients. I have found that autovisualization of the brain itself can alter consciousness and develop remote-viewing abilities without recourse to expensive

biofeedback and EEG machines, as used by the Russian and US military for remote viewing.

ELECTROMAGNETIC FIELDS

The electromagnetic field around the body consists of infrared and visual-range radiation, together with electric and magnetic fields. My research interest has been in the biological and biophysical basis of paranormal phenomena. Since the body has an intrinsic electromagnetic mantle, could this electromagnetic field be projected outside the body? As discussed in chapter 4, Dr Ross Adey, of the Brain Research Institute of the University of California, carried out research on how the human brain could be controlled by the use of pulse-modulated microwaves. Research in this area of microwave mind control was begun by the Russians in 1953. Dr Adey has given us a pathway by which electromagnetic fields can directly affect the brain and body. Research shows that tiny levels of microwave radiation, if they carry ELF waves, can kill, make the victim mad, or change behaviour. Could information gleaned by roving biophysical electromagnetic field effects be the basis for remote viewing? These electromagnetic fields could be picking up information, then transferring them to the brain. Could remote viewing be a case of mental radio, one mind picking up what another mind is seeing by mechanisms similar to a wireless tuning into a radio station? Russian research pointed to ELF waves being the carrier for remote-viewing information. ELF waves below 20 cycles per second can pass through the cranium and be picked up by the brain. Remote viewing could well work on an analogous mechanism. It seems a valid basis for remote viewing. Unfortunately it is not the whole picture.

The Sunday Times reported that Ingo Swann, in a remote-viewing session, was asked to look at Jupiter. He reported that the planet had a ring around it. At the time this was thought to be incorrect. Swann assumed his 'discovery' was a mistaken view of Saturn. In a 1977 account of their findings, Hal Puthoff counted it as an error. Two years later, Voyager 1 sent back pictures of Jupiter showing the planet did indeed have a ring around it. No time delay in Ingo Swann’s remote viewing of Jupiter had been noted. This indicates that electromagnetic radiation is not the carrier for remote viewing. Experiments have been conducted in which remote viewers try to look at distant locations from shielded rooms which block out all electromagnetic radiation. The shielded rooms offer no impediment. The conclusion to be drawn is that something other than electromagnetic radiation must be involved in remote viewing.

As an experiment, I built a Faraday cage room from which to carry out remote-viewing experiments. A Faraday cage room is a metal lined enclosure that is earthed so that it blocks out electromagnetic radiation. I experienced no negative effect; in fact it seemed to boost remote viewing by blocking out extraneous signals. Russian remote viewers regularly psychically visited US facilities supposedly protected by electromagnetic flytrap field generators, such as those deployed at Dulce (a miles deep super-secret US base) and Cheyenne Mountain, home of Strategic Air Command. All of this adds weight to the idea that something beyond the simple mental radio concept, where electromagnetism is used as the radio wave, is acting as the carrier for remote viewing.

BRAIN RHYTHMS

Normally, people function in the beta state of consciousness (Figure 3), which pushes EEG measured brain-wave frequency above the 20Hz threshold and there is no contact with calcium efflux events (see page 00). If these events, which intimately affect brain function by controlling the neuronal connections, are, as I believe, an integral part of all psi operations, the general public will not be affected or exhibit parapsychological talents to any marked degree. Since the general public operate in beta, normal consciousness acts as a barrier. In day-to-day life, their thoughts have no conscious effect on what goes on in their own brains. Remote viewing can be seen as new programming. We need to be able to input directly to our own brains in order to alter the programming.

Alpha training, encouraging work in the 7-14Hz range, seems to open up psi abilities. If neuronal calcium efflux events are crucial to psi operation, we can begin to see a reason why simple techniques of alpha training and biofeedback bring on paranormal functioning in humans. Ed Dames has confirmed that military remote viewers operate in theta. This is a brain-wave frequency of 4-7Hz. It may be that the lower frequencies in the 6-20Hz window, are more powerful for psi activity. Since the energy of the electromagnetic wave is related to frequency, if we lower the frequency of the brain waves, we can think with less energy, and more energy is available for remote viewing, which is therefore more efficient. Theta consciousness is the doorway to remote viewing and psi.

QUANTUM REALITY

To understand what is really going on beyond the electromagnetic bandwidth of remote-viewing events, we need to look at a reappraisal of physics. In the early part of this century, Dr Erwin Schrodinger and Werner Heisenberg formulated the basic laws of quantum mechanics. This theory describes the physics of the subatomic world. They maintained that in the world of quantum mechanics, subatomic entities such as the electron could behave not only as a particle, but also as a wave (Figure 4). This ability is supposed to disappear as the entities get bigger, so that in the normal world it is non-existent. What if the biophysical fields used for remote viewing are not composed of electromagnetic radiation, but are a new form of quantum fields? If this were so, then these large-scale quantum-mechanical events could explain how the biophysical field can be in two places at once - over the target site and over the remote viewer.

Dr Tom Bell developed the theorem of quantum mechanics named after him, which shows that a subatomic particle, or photon, which splits in two is forever linked; each separate particle, which was at one time a unit, shares the same characteristics. If the biophysical body is a quantum field, then when it splits into two for remote viewing, each component part would know what the other paired biophysical field was perceiving. Quantum transmission could explain how information is passed from remote-viewing site to remote viewer. In quantum mechanics, the notion that an entity can be in two different states at the same time is common place and is called superimposition of states.

The whole theory of quantum mechanics is dependent on Schrodinger's wave equation,

developed from wave theory. In this mathematical relation, the probability of finding a particle is given by a function that follows wave mechanical principles. So instead of a particle being localized, it is smeared across space and one can only give a probability of finding it until it is properly observed. This equation states that quantum events are non-localized, potential possibilities. The observer collapses the quantum wave function to produce an event. It is as if the act of observation deflates the many potential quantum wave functions and forces it to manifest in only one specific fashion. This would mean that, in theory, while remote viewing, the biophysical field of the remote viewer travelling to the target site may in fact be a quantum wave function which may be smeared into many possible states. Upon arriving at the target site, the remote viewer's biophysical body may have difficulty manifesting Ð like dreamers trying to wake up in a dream. This could be the reason why remote viewing is hit and miss until the viewer is adequately trained. It may also explain why remote-viewing information is patchy, then suddenly there can be bilocation, where it seems as if the remote viewer is actually at that distant location.

In one well-known experiment, Schrodinger sealed a living cat in an airtight container with a poison gas canister which could be activated by the decay of a radioactive isotope. The isotope had half its life left, equalling the time for which the cat was to be incarcerated. Since there was a fifty-fifty chance of the radioactive isotope decaying and sending the lethal signal to release the poison gas, the cat had a fifty-fifty chance of surviving. But according to quantum mechanics, the cat is composed of a wave function that, until observed, is smeared out, making the cat both dead and alive until an observer opens the container and collapses the quantum field of the cat, which is now linked with that of the radioactive decay of the isotope. This experiment demonstrates how subatomic quantum effects can indeed have real-world effects. Superimposition of states, the cat being both dead and alive until observed, upon which the cat suddenly becomes either dead or alive - not both as previously.

A DUALISTIC REALITY

Could remote viewing be the result of a biophysical field moving in a parallel reality, which is contiguous with our own but only makes itself known to us in the quantum realm? Perhaps this parallel reality is seen in lucid dreaming and out-of-body-experiences and is glimpsed in daydreaming states? Australian aborigines have a range of beliefs about this dreamtime reality. Perhaps remote viewers are relearning abilities that our ancestors knew of millennia ago.

Perhaps we must debug old operating systems, getting rid of the mental viruses which dictate habitual ways of thinking and acting. It is possible to upgrade this bio-software so that you can achieve your full potential with respect to remote-viewing abilities. To this end, you must have a thorough understanding of the various tools you will need to interface with your biophysical vehicle, and of the biophysical field itself which acts as the conduit for remote-viewing information, in order to become aware of the other quantum reality to which modern man has blinded himself.

PSI GENES

The former Soviet Union has been researching psi genes for decades. KGB operatives were told to pick up people displaying paranormal abilities for use in their vast parapsychological research projects. One theory thrown up by current research is that there are secondary and primary psi genes. The secondary psi genes are those that facilitate biophysical integration with the organism and which produce the code for richer and higher function neural networks to interface with the biophysical energy. These secondary psi genes make a clearer channel between brain and energy body. Primary psi genes are those that give enhanced remote-viewing capability by the specific nature of the proteins for which they produce the code for, acting as psychotronic amplifiers, biophysical batteries, and other more obscure phenomena which are involved with biophysical processing, storage and utilization. It appears that some people's bodies act as natural psychotronic generators, storing psi energy. The more of these primary psi genes you possess, the more biophysical energy is available for remote viewing. Some people are natural power houses of such energy.

The high basal stress levels of western man release a torrent of neurohormonal and electrical stimuli that appear to switch off the psi genes. In effect, stress keeps us 'normal'.

ACTIVATING REMOTE VIEWING

How could stress interfere with remote viewing? It has been found that the brain is directly connected with the immune system. When we are highly stressed, the brain through its nerve connections and by hormonal routes, causes a variety of stress-related proteins to be released into the body, some of which inhibit psi-gene activity. More importantly, the high state of anxiety keeps the person out of the theta state, which is the doorway to the paranormal and hence remote viewing. So learning to switch off the negative feedback cycle that keeps you in a state of anxiety is vital to initiating remote viewing.

BIOPHYSICAL CONSCIOUSNESS - THE SPIRIT IN THE MACHINE

Dr Gerald Edelman, a leading neurophysiologist, has formulated the theory of neural Darwinism. This postulates that neurones, which are the connections between brain cells, compete with each other by natural selection. It is as if each brain cell and each connection fight each other for survival. Only the fittest survive and in the case of the brain, that means only those connections which are frequently used. In the process, neural networks form which have the capability of primary consciousness; or in plain language, the connections make a pattern of brain cells so that the subject can be aware of what is going on around it through the senses Figure 5).

This work, taken in conjunction with Russian research and my own, lead to the intriguing possiblity that there is a mechanism by which the biophysical body may begin to develop the ability to think separately from the physical body (Figure 6). If we practised remote viewing, perhaps the biophysical body is developed from a latent state to one in which it has a mind of its own?

MORPHOGENETIC FIELDS - LIFE-SHAPING ENERGY FIELDS

Many cell developmental biologists believe that the human genome does not contain enough information to turn a clump of fertilized egg cells, called a blastocyst, into an embryo. Morphogenetic fields are needed to switch on specific gene groupings dependent on their position in the blastocyst in the womb. These biophysical morphogenetic fields switch on specific genes and turn off other genes, all based upon their location in the clump of cells. If they are near the top axis, they become eye and gullet cells, at the bottom axis, an anal opening, in the centre of the blastocyst the gut tube, on the surface, skin cells, etc. Biophysical fields hold the information to tell each identical cell to be different depending upon position.

It was a profound revelation to me when I realized that the biophysical field contains large amounts of information not held in the genome, and that it can control gene expression. Like the neurones affected by neural Darwinism, perhaps morphogenetic fields could evolve through primary consciousness to high-order consciousness? In effect, by exercising the biophysical body using remote-viewing techniques, the morphogenetic fields of which it is composed might evolve with long practice to become self-aware.

GROUP CONSCIOUSNESS

The theta state is important because it allows the normal person imprisoned in consensus reality to escape the shackles of the real world. The summation of everyone’s belief is amplified by their group psi-fields and the six billion people on the planet produce a very powerful psi-field that effectively hides paranormal phenomena.

In order to escape consensus reality and practise 'impossible' paranormal phenomena such as remote viewing, the psi-operator must attune his biophysical body with the Earth's biophysical field. By this means, the much larger biophysical field of the Earth can erase the effects of the PDF generated by humanity. The theta state allows the remote viewer to resonate with the biophysical field of the planet. This boosts the biophysical field of the psi-operator to the extent that paranormal phenomena can become possible. The Earth resonates at about 7.8Hz, the natural frequency of the planet. Theta begins at this frequency. It is as if the biophysical body of the remote viewer in the theta state resonates with the planet's biophysical field at the magic 7.8Hz.

In order to enter the theta state, it is better if there is a group of you. The group's biophysical fields join together when remote viewing is carried out in unison. This merged group consciousness boosts the remote-viewing capacity of all the remote viewers in the group. By working in teams, there is a synergistic amplification of remote-viewing potential in all the individual members of the group.

STARTING WITH LANGUAGE

The leading authority on language is Noam Chomsky, who has put forward the idea that:

Ôthe language organ was not an adaptation, butÉa mystery, or a hopeful monster. It was something that perhaps would be illuminated some day by physics, but not by biology.Õ Chomsky proposed that the structure of language is primarily fixed in the form of innately specified rules and all the human baby does to learn language is to reroute a few neuronal pathways that make that person into a Spanish speaker, say, rather than an English speaker. According to Chomsky, the baby does not have to learn all aspects of language from scratch. Instead the baby is born with the equipment to express language and merely has to rule out a few possible neuronal pathways and rule in a few others. It is as if children have the programme for language already in place in their brains. Chomsky goes further and maintains that it is easy for even 'slow' children to learn a language because they are not really learning anything. A few developmental triggers set the language-acquisition process in motion and a few environmental factors guide the process into the shaping of whatever country's language is spoken, for example speaking English with an Australian accent. My theory is that learning remote viewing follows the same process.

It seems that babies are born with the ability to speak, and given the correct stimulus, this innate characteristic just develops. How can language be hardwired into the brain and if it is not, what information storage system facilitates rapid learning of language in infants? As we have seen some developmental biologists believe that morphogenic fields shape the amorphous clump of egg cells into a fully differentiated baby.

Could biophysical fields act as carriers of such information? Could consciousness itself be in the biohysical field? Could this be the scientific reality behind Athur Koestler’s phrase, ‘the Ghost in the Machine?

I believe that that the brain and the biophysical field can both be conscious, independently of one another (Fig 8). When they work together, there is a synergistic amplification of function. Humans possessing biophysical fields that have the potential to be conscious, explains out-of-body-experiences, dreaming, doppelgangers, and a host of other paranormal phenomena. Dr Sheldrake has suggested that if we are influenced by morphogenetic fields from particular individuals to whom we are linked, then it is possible that we might pick up thoughts, images and feelings from them, while we are waking or dreaming, even though they may be thousands of miles away. In controlled ESP, the operator sends his biophysical field to interact with the person being scanned. In spontaneous telepathy, other people’s biophysical fields might impinge on our own, causing their ideas to enter our heads. This for example may be as prosaic as knowing someone is going to ring or visit us, just before the event occurs, or it may be the remote viewer looking inside the monitor's brain to see the target to be remotely viewed. The world of soul and spirit is in these scientific terms, filled with morphogenetic fields and be a place of luminous biophysical quantum reality, a reality scientists only glimpse in the subatomic realm of electrons and nuclear particles.

THE MECHANISM FOR REMOTE VIEWING AND ESP

To become a powerful remote viewer or controlled telepath, the biophysical fields that

comprise our mind would have to evolve through primary consciousness, the state of being aware of surroundings, to high-order consciousness, where the biophysical field is self-aware, a process which as we have seen is analogous to the development of consciousness by neuronal selection in our own brains.

To achieve this evolution of the psyche, we would have to train our biophysical fields to become fully aware. Raising the consciousness of biophysical fields is very difficult because we are programmed from birth to believe they do not exist. When children mention their awareness of this biophysical world, they are told to stop daydreaming and grow up. Biophysical awareness is suppressed and our psyche remains stunted. What we think is our mind is in fact the brain, whilst the psyche lies in the biophysical arena - and we normally only touch upon them in dreams and daydreaming states.

Remote viewers have to develop their biophysical fields to become aware of their surroundings, which enables them to view information in distant locations. This takes time and practice.

QUANTUM COMPUTING

The brain has around it a morphogenetic field like the rest of the body. This field effects calcium efflux, the movement of calcium ions out of cells. Calcium efflux events effect the synaptic connections between brain cells. Therefore the morphogenetic field not only is influenced by the state of activation of synaptic connections, but it influences every synaptic connection. In effect we have a synergy between the morphogenetic field and every synaptic connection in the brain

If the morphogenetic field is part of the biophysical field, which the author posits is a quantum field, then every interaction in the brain can be stored in the biophysical field's quantum computer. The biophysical field can be thought of as synonymous with the mind. Whatever happens in the brain is recorded in the biophysical quantum computer mind.

Quantum entities can be in more than on state, or place at any given time. So the quantum computer can overlay the body and a distant remotely viewed site simultaneously. Thus the mind can become aware of distant events and places by its non-locality and the biophysical field records the remotely viewed site by quantum computing.

The biophysical body can then download this information into the brain by globally changing the potentiation of the synapses in the brain that can pick up the remotely viewed information. Puthoff found that the temporal lobes of the cortex of the brain were involved in remote viewing. So this appears to be one of the sites in the brain where quantum computing information of the biophysical field is turned into synaptic changes that the brain can analyse as remote viewing information.

In the process of developing mind-over-matter abilities, the biophysical vehicle, which surrounds us all, needs to be developed to the point where it can work independently of the body. This has been known for centuries by shamans, witch doctors and so-called magicians, though not perhaps in those terms. For them, a long apprenticeship is needed

to energize the initiate's biophysical field. The teacher takes his pupil to many power spots; the neophyte's biophysical body acquires energy from these sacred places and swells in size. Combined with specific training to programme the biophysical body to become self-aware and finally act independently as a conscious biophysical vehicle, we have a well-developed methodology for developing mind-over-matter ability.

PROBABLE FUTURES

When we factor in the paranormal forces of each individual human on the planet, each of us can have a massive effect on the future outcome of events. If we think of the future as a quantum-mechanical event, along the lines discussed on page 00, it can be in all possible states until it is collapsed by the act of observation. Since there are six billion human observers, the particular future that is manifested by the group is dependent on the PDF. As the PDF defines what is possible and what is not possible, only a small subset of possible futures is ever revealed. Of these, only one becomes the future we all will live in.

An example of this is the national lottery. A large percentage of the population are willing their numbers to come up with all their might. This situation generates a lot of emotion, which as we have seen is conducive to generating paranormal phenomena. These people are using all their latent paranormal powers to influence the balls telekinetically, as well as subconsciously to remotely view the future numbers. As we have seen on page00,US researchers, such as Robert Jahn, have found that people can influence the falling pattern of ball bearings, or the random counting of a computer, using telekinesis. By generating such emotional desperation, the national lottery amplifies this telekinetic effect. A remote viewer trying to foresee the outcome of events, has to look through a paranormal blizzard of conflicting telekinetic intents where tens of millions of people are subconsciously trying to influence the fall of the numbered balls in the lottery machine.

On 'The Paranormal World of Paul McKenna' shown on British television, the audience was asked to concentrate on six specific numbers. When the lottery was run, two of these numbers came up and a third came up as the bonus number. The National Lottery immediately changed its rules, so that if too many people got three numbers, it would not be obliged to pay them.

THE BRAIN AND REMOTE VIEWING

The areas of the brain which are involved in remote viewing were studied at the Stanford Research Institute by Hal Puthoff, funded by the CIA. His team found that the temporal cortex is active while a person is remote viewing. The cortex is used for visualization and the occipital cortex is used to process visual information. The older limbic system which lies beneath the spongy grey matter we call the cortex, is used for decision-making. All our decisions are taken on an emotional level; we intellectualize them afterwards. The limbic system mediates information processing, the hypothalamus being used for memory and the thalamus for attention. The reticulate gyrus is also concerned with information processing. Since emotional content plays such a large part in remote

viewing, the amygdala, a small structure in the limbic system, which is concerned with emotions and is the pleasure centre, is also involved.

Research seems to indicate that remote-viewing information is transferred to the brain by quantum mechanical interactions between the biophysical body and the brain. At a higher level, memories from the biophysical body and from the brain are transferred by use of biophysical fields which affect the neurones; this is tied up with control of calcium concentrations in the brain.

Cell developmental biologists have found that the morphogenetic fields which control cell activity can change the calcium levels in the cells by use of field effects. These morphogenetic fields enable the biophysical body to control cellular chemistry and what takes place in the cell nucleus (Figure 9). We have so many avenues of communication between biophysical body and brain that the interaction must be seen as hierarchical; in a similar manner to how competitive cell death establishes primary and high-order consciousness in the brain by means of Darwinian selection. At the top of the hierarchy in the brain is the temporal cortex, which combines the remote-viewing data into the complex mental image.

HOW THE BRAIN SEES THE FUTURE

The areas of the brain which enable precognition are little understood. American experiments in showing people pornographic photographs which are present in a larger pack of non-emotive pictures, such as those of the countryside, have shown an elevation in physical responses five seconds before the pornographic photo was observed. The responses were measured by sophisticated devices like lie-detectors. This was taken to indicate that at a deep subconscious level, precognition of emotive events occurs.

Airline records show that planes that are about to have fatal crashes have an abnormally large number of cancellations prior to take off. In combat, this sixth sense of danger is heightened. Vietnam veterans tell of numerous paranormal experiences such as remote viewing of mines, bullets being seen in flight, Vietcong traps being sensed. Fighter pilots have to develop a sixth sense which is called situational awareness - a brain state where both hemispheres of the brain are working equally and in synchrony. It is an almost Zen-like state, where there is no chaos inherent in one’s thinking and everything seems more real. Situational awareness means the pilot instinctively taking in a wealth of information, evaluating it, and reacting correctly, with a panoramic view of everything in his or her mind's eye. American fighter pilots call it 'having the clue'.

If both hemispheres of the brain working in synchrony brings about almost precognitive vision for the fighter pilot, it points to brain-centre balancing being a key aspect of looking into the future. When the remote viewer enters theta, this balancing of brain hemispheres takes place naturally.

Theta brain rhythms also enable more of the information received from the biophysical body to be left unmolested. Ninety per cent of the information we receive is filtered out by the thalamus, which is in the limbic system of the brain. Neurophysiologist Karl Pribram of Stanford University, describes perceptive filtering as the Bowery Effect. The

Bowery was an elevated railroad in New York, which was demolished. After the late-night service ended, the police were inundated with phone calls reporting something strange happening at exactly the time the train would normally pass through that neighbourhood; this went on for months after the railway had gone. People were subconsciously picking up on the lack of noise at the time they were expecting the train and panicking because they did not hear the train passing. Consciously they thought something was wrong, so they phoned the police.

Theta enables us to unblock these mental filters that blinker us to remote viewing and other paranormal phenomena. For precognitive remote viewing, we have to look at how the brain hemispheres process information.

The left hemisphere of the brain deals with data and thoughts in a step-by-step manner. It runs through data in a linear fashion moving from a to b to c. The right hemisphere deals with thought processes in the form of a mental map, where the relationship between data is as important as the data itself (Figure 10). Finding patterns in data is one of the right hemisphere's abilities. It carries out parallel processing. Ideas are connected to make a bigger picture, like linking notes to compose a symphony. Perception for remote viewing the future appears to be processed by the right hemisphere. Since the right hemisphere is visually connected to the left eye and field of vision, future events which are remotely viewed can appear to glide into one's mental field of vision from the left-hand side of one's awareness. The left hemisphere seems to process past events. It is connected to the right eye and field of vision. In one's mind's eye, events the left hemisphere processes can appear to come into the left field of vision. When remote viewing the past, the mental image appears from the right-hand field of our mind's eye.

This apparent flow of mental images can be explained by the different activities each hemisphere of the brain undertakes. The right side of the brain controls the left side of the body and since this part of the brain can handle patterns and parallel processing, it finds it easier to look at data concerned with probabilities, which describe possible futures. The many possible scenarios we run through our heads before making important decisions to try to evaluate the wisdom of our choices is mainly right hemisphere based. This type of evaluation of possible futures is the mind-set we run to forecast the future of our actions, which is also used by the right hemisphere of the brain.

When the left and right hemispheres are working in synchrony, you experience 'having the clue' and there is some evidence to show that pilots may be naturally better at remote viewing. The theta state enables situational awareness, where the information can be quickly passed between right and left hemispheres for evaluation. Theta consciousness enables right-hand dominant brain action such as dreaming to take place and therefore is the perfect state for precognitive remote viewing.

The hundredth monkey effect

As we have seen, groups of people concentrating on the same site at the same time amplify their remote-viewing capabilities. There is a merging of the biophysical quantum-state functions of the field effects involved that boosts remote-viewing efficiency. This is the hundredth monkey effect. A Japanese monkey learned to get rid of

the sand in its wild rice by washing handfuls of it in the sea. Other members of its troop copied this behaviour. Once a hundred or so of its peers had learnt this action, the behaviour miraculously appeared in other monkey troops on other islands, far removed from its original progenitor, even though the monkeys never came in contact with each other. My research into biophysical field effects and how they can interact with other members of the species seems to indicate that when a threshold number of biophysical fields belonging to a group have learnt a new meme (see Page00), the intent for that meme is spread by spontaneous telepathy. The first US remote viewers spent 12 hours a day, seven days a week, for 18 months, learning remote viewing. This training time has now been cut to six months. I am informed they are also more accurate than the original trainees. Remote viewing is becoming easier to learn because of the hundredth monkey effect. In the future, many more people will be able to practise remote viewing and with greater accuracy.

In remote viewing, the paranormal operator develops his biophysical body in a way akin to the training shamans used to inculcate paranormal ability in their students. Once the biophysical body has been developed, it can be projected and can become aware of its distant surroundings and can then return to the physical body.

In remote influencing, the biophysical vehicle of the paranormal operator then travels to the target and the biophysical field merges with that of the victim. Since the paranormal operator has a more developed biophysical body, he or she can overpower the victim's undeveloped biophysical body. Taking over the victim’s biophysical body, the remote influencer's biophysical body can then upload the codes which are used to interact with the victim's brain. By this method the remote influencer can begin to operate the natural calcium efflux in the victim's brain.

Memes

A considerable number of the memes we acquire throughout our lives degrade health and mental and physical capacity and capability. Memes are acquired mental software which mould our neural networks in unique ways. Speaking a language, driving a car, are all acquired memes. Memes are highly contagious and resist being eradicated once they are in your consciousness. An example is giving up smoking - once it has become a habit it is hard work to stop. These negative memes will resurface unless they are replaced by positive ones.

Memes - mental software

Ideas have the power to spread through a population almost as if they have a life of their own. It was Dr Richard Dawkins, the eminent biologist, who first called these contagious ideas memes; they have also been called mental viruses. In remote-viewing parlance, positive memes used to inculcate the remote-viewing state of mind are referred to as new mental software or success software. These switch off the negative mind-sets that keep individuals in a state of anxiety, inhibiting remote viewing. If you imagine a world full of infectious mental viruses and their mutants, which use humans as their breeding grounds and carriers and which are passed on to other humans by word of mouth, culture, the

media, or by biophysical means, you can see the sense in which our world is shaped by memes.

Table manners, throwing Frisbees, wearing fashion shoes are all memes. Our culture is built up from a complex composite of memes that define who we are, what we think and what we do. hey are pre-eminent in defining society. It might be thought that we all have free will and can do whatever we want. Unfortunately, the situation is not so simple. People can only think and do what they know. In my view, memes are biophysical fields that mould the brain's neural network, i.e. the ideas that are carried in the biophysical field of the meme are transferred into a patterning of the neural network of our brains. The memes that comprise our culture are hardwired into our brains. As explained earlier, language is itself a set of memes found in the biophysical field.

MECHANISM OF REMOTE INFLUENCING

How can remote influencing interact with the brain to plant hypnotic suggestions which are subconsciously acted upon by the victim? A brain structure which seems a likely candidate for the remote-influencing effect of biophysical fields is the supplementary motor area (SMA). Researchers in this field have postulated the interface between mind and body is in the SMA, an area which lies in the top centre of the brain, underneath where the soft spot used to be (see Figure1, page 00). When you decide to carry out any conscious action, the SMA is the first part of the brain to register an excitation potential. Every time you decided to do something, this is the first area which generates electrical activity.

The SMA was first identified in the 1920s by the late Canadian neurophysiologist Wilder Penfield. It was a chance discovery in his search for the epileptic initiator in the brain. Neurophysiologists Robert Porter and Cobie Brinkman surgically placed micro electrodes in the SMA of a monkey. They found that one tenth of a second before the monkey pulled a lever to obtain food, the brain cells in the monkey's SMA fired off electrical signals. SMA activity was well ahead of the cells in the motor cortex, the area of the brain concerned with muscular control.

In the 1960s, the neurophysiologists Luder Deeke and Hans Kornhuber discovered a method for measuring tiny electrical signals that ran through their patients' scalps. They discovered a readiness potential, i.e. nearly one second before carrying out a simple conscious action, the brain generated a gentle increase in negative electrical impulses. This negative electrical potential was the brain's means of preparing to make a conscious action, and was greatest in the SMA.

A research group headed by neurophysiologists Per Roland and Nils Lassen of the University of Lund in Sweden, in the 1980s, used radioisotopic scanning to look at blood flow through the brain. They found that blood flow in a specific area of the brain which is in use is proportional to brain activity. They discovered SMA and motor area excitation during conscious action. It was when they carried out a variation of the motor sequence test that they discovered their momentous and controversial results. In a slight modification of the experiment called the 'internal programming test', a patient was asked to perform the same difficult motor sequence test in his mind but with no physical action.

When patients carried out this test, there was no increase in the blood flow through the motor area; in comparison, the SMA had as much increase in blood flow as if the actions had been carried out. When the action became habitual and could be carried out with no conscious thought, the increase in blood flow in the SMA vanished. This meant that the SMA had been pinpointed as the part of the brain that determined conscious action. If you told someone you were going to do something and your SMA did not fire, you had no intention of carrying out that action. Similarly, if the SMA fired, you would carry out the action as stated. The SMA is the conscious intent beacon in the brain, which lights up every time you consciously will yourself to carry out an action.

Sir John Eccles, a famous neurophysiologist, was excited by this discovery. He stated: ‘It is important to recognize that this burst of discharge of the observed SMA cell was not triggered by some other nerve cell of the SMA or elsewhere in the brain... So we have here an irrefutable demonstration that a mental act of intention initiates the burst of discharges of a nerve cell.’ Eccles drew the conclusions that each conscious activity produced different excitation potentials in the SMA; a neurological code is being played through the SMA; and the non-physical mind is actually using the 50 million or so neurones in the SMA region as if they were controls of some sort, rather like a pianist playing the keys of a piano. These learned sets of sequential neurological code, Eccles believed, are the process of a lifetime of learning physical action, and language.

It seems then that the SMA mediates the flow of information between the biophysical body and the brain. This occurs because every time you make the conscious decision to do something and you carry it out, the SMA fires. By using directed attention on your own SMA, you can programme your brain to carry out actions you wish to do but always make excuses not to do, e.g. giving up smoking. Self-activation of the SMA is the best means of self-motivation and if done correctly is invariably successful. Visualizing an action in your mind's eye has almost the same effect on your body as carrying out that action. I come back to the example of athletes who go through their performance in their mind's eye to get into 'the Zone' of ultimate performance. Alpha and theta states are normally necessary for getting into 'the Zone’ but by programming your SMA while visualizing performance, the brain is programmed to carry out the action no matter what negative stimuli.

How Remote Viewing and Remote Influencing are Taught

We have seen the amount of time and money which the Soviets and the Americans have invested regarding the techniques of remote viewing and remote influencing. How are these techniques actually taught to operatives.

US Training Methods

This section of the book provides a complete guide to learning remote viewing. It gives a much fuller account than any previously published of the actual methods used by the superpowers, covering more ground than any other available courses. US courses, which

cost between $3000 and $7000, tend to concentrate on the simpler and less efficient co-ordinate remote viewing (CRV). This book teaches simple, scientific CRV, but goes further, including for the first time my versions of Russian super-advanced extended remote-viewing (ERV) techniques. To my knowledge, these are the most advanced remote-viewing instructions on the market.

CRV was developed by the Stanford Research Institute and taught to the US military remote viewers. It is carried out from normal consciousness, the beta state. Now it is recognized that certain steps must be followed to fixate the conscious mind on the biophysical body, which is actually carrying out remote viewing. Since the US researchers disregarded notions of a biophysical body, it was a rather hit-and-miss method. The psi-damping field (PDF) is in full operation outside of the theta state (see Chapter 5), so CRV is hampered by negative feedback from the common consensus of consciousness which tries to exorcise the paranormal from reality. Systematic steps are therefore necessary to keep the psychic window to the biophysical field open against these adverse conditions.

CRV - US Training Steps

Ingo Swann’s methods are still used in the US:

Stage One - get a blank piece of paper and pencil. In your mind's eye, visualize yourself opening a psychic window to the target, which is defined by map co-ordinates. Numbered photographs in sealed envelopes are easy alternatives to map co-ordinates. When you have visualized this psychic window in your mind's eye, start sketching lines on the paper. Draw lines or curves depending on how you feel. Don't think about the process, just sketch the first thing that comes into your mind. Do not rationalize.

Stage Two - allow visual and sensory data into your consciousness through the psychic window to the target, but discard any analytical mental processes, giving no conscious thought to what it may be or may not be. Imagine yourself peeking through this psychic window, getting glimpses of shapes and shadows, and odd sounds. Do not try to analyze these, but list the first impressions _ smells, tastes, tactile data etc. Then let the far stronger auditory cues enter your perception. Finally, let the strongest of the data, the visual cues, come into your mind's eye. They would swamp out the other information if allowed in first.

Stage Three - include dimensionals, putting your perceptions into a bigger picture. Imagine you are an artist sketching the target. Make a series of simple drawings of what comes into your psychic window. As you draw, try to link them with the perceptual cues you gained in Stage Two.

Stage Four -list the emotional and aesthetic impact of things that have come from the remote-viewing session. List the tangibles and intangibles of the target, 'wooden' and 'pastoral' for example. Look at your Stage Two list of perceptual cues and your Stage Three drawings; write down the feelings you get from these cues next to them. Try to expand your list of what the target is like.

Analytical information can be brought in for the final sketch, which is a coming together of all the information acquired in the session. Write what you think you are seeing next to the perceptual cues and the drawings.

Stage Five - meditate on the psychic window and visualize yourself opening it up to produce a clearer channel to the target. Imagine that fresh insights about what you are remotely viewing come flooding through the psychic window, which allow you to develop Stage One through to Stage Four data with a fresh mind.

Stage Six - make a three-dimensional representation of the target. Use plasticine, a sand pit, wire, whatever feels most applicable, and build a model of the actual target.

Stage Seven - can be added later, when you are more experienced, for a more detailed analyis. Try to pick up the name of the target. Do this by seeing which letters of the alphabet spring to mind and building on that. You can also visualize written signs and text, so a catalogue of what is written down at the site can be developed over time. The monitor can help you to zoom in on specific areas of interest.

Monitored CRV

This technique requires two people and a photograph. One person acting as a guide, or monitor, directs the other to the target shown in the photograph (which the remote viewer is, of course, not allowed to see) and asks a series of questions based on the photograph. The monitor should not lead the remote viewer, but record exactly what he or she says. As more information is forthcoming, the monitor should concentrate on a specific area of the photograph and ask a series of questions to tease out information from the remote viewer, such as:

Question (Q): Is the target light or dark?

Answer (A1): This could be a night target.

A2: A barren desert landscape.

Q: Is the target surrounded by objects?

A1: This could be a valley surrounded by hills.

A2: A room surrounded by walls.

Q: Is the target in a room or chamber?

A1: No.

A2: An underground bunker.

Q: Are there any objects in the target?

A1: These could be cows in a field.

A2: There are computers in an underground bunker.

Q: Are their any graphic representations in the scene?

A1: No.

A2: These could be military computer screens, signs flashing on them.

Q: Is any part of the target moving?

A1: No.

A2: This could be a train moving into an underground tunnel, or machinery in a nuclear-bomb factory such as ultracentrifuges in Iraq.

Q: What colours do you sense in the scene?

A1: This could be green grass in a pastoral scene.

A2: Stainless steel coloured, grey metal containers.

Q: What sounds do you hear?

A1: Wind blowing through the trees in a forest.

A2: This could be screams of infected animals in a biological warfare lab in an underground complex.

Q: What creatures do you see at the target scene?

A1: This could be cows and sheep in the fields.

A2: Scientists in a laboratory.

Q: Is the target man-made?

A1: No, it is a pastoral scene.

A2: Yes, it looks like a series of man-made caves.

Q: Is the scene flat or are their tall objects dominating the scene?

A1: The scene seems to be in a valley.

A2: The underground complex is hidden under a mountain.

Q: Are there many objects of the same sort in the scene?

A1: There are many trees and a lot of cows and sheep.

A2: This could be a series of nuclear, or biological missile silos, or the electric pylons I see running into the mountainside.

Q: Are there any mechanical devices in the target scene?

A1: No.

A2: This could be Sukhoi 27 fighters at a nearby Chinese air base. Or the nuclear, or biological, processing facility underground.

Q: Are there straight lines, paths, roads or other landmarks in the target scene?

A1: No, just a river running into a small lake at the centre of the pastoral scene.

A2: There could be an airfield, road, long underground access tunnel, air vent tunnels.

Q: Does land dominate the scene?

A1: The scene is dominated by the central lake.

A2: This could be the mountains.

Q: Is the target underground?

A1: No.

A2: This could be the underground complex, or missile silos.

Q: Does flora or fauna dominate the scene?

A1: Grassland and woodland surround the lake.

A2: This could be desert-like conditions around the mountains, beneath which is the underground complex.

Q: If the scene is man-made, describe if it contains buildings.

A1: It is not man-made.

A2: This could be the massive underground complex for nuclear and biological warheads for Chinese intercontinental ballistic missiles aimed at the USA.

Q: If the scene is man-made, enter the target and walk around within it reporting all you see.

A1: Negative.

A2: It is a Chinese underground nuclear and biological weapon facility.

The remote viewer draws what he has reported on a blank piece of paper. In the above example, A1 was a pastoral scene, with a central lake, surrounded by a field of cows, and another field of sheep, with a small wood between the fields; A2 was a Chinese underground military complex in mountainous territory.

This training exercise can be repeated many times, with different photographs and the monitor and remote viewer changing roles each time.

STRESS AND ITS EFFECTS

Stress levels have to be lowered for paranormal abilities to show themselves, and also for humanity's preservation! Stress interferes with the mechanism of remote viewing; it also interferes with our immune response and a host of other biological processes. Research published in New Scientist in 1996, shows that stressed people are at least a thousand times more susceptible to poisons than non-stressed individuals. The process of activating remote-viewing abilities reduces the high levels of neurohormones and the blizzard of electrical over-stimulation of the nervous system, which blinds us to remote viewing.

I believe there are two main factors which elevate human stress levels: over-stimulation of the brain stress system (see page 00) and the acquisition of negative memes that degrade human performance (see Chapter 5). Improving remote viewing and finding effective stress-management systems go hand in hand; basal stress levels should be naturally reduced to alpha or theta. A corollary to this is that there is also a marked improvement in physiological and mental functioning; augmented powers of mind over matter only occur when the brain is in the quiescent state of theta, which is also optimal for boosting the immune system and suppressing psychosomatic disease. By switching off the body's habituated electrical storm of anxiety, with the concomitant sea of stress-inducing neurochemicals, the brain state which comes about from remote viewing also boosts life span, and makes the practitioner of biophysically augmented healing much more resistant to disease.

Our mental processes are locked into negative feedback cycles that severely degrade our ability to function appropriately. These negative mental programmes and memes that afflict humanity are reinforced by the organizations we work within; managers and staff endlessly externalize negative memes in the work place. Organizations therefore suffer from the human stress disease and all its associated memes, but on a grander scale. Individuals within them are afflicted by stress and pass it on to the company culture. You are probably constantly conditioned to be in exactly the stressed-out state which will inhibit remote viewing.

RELAXATION TECHNIQUES

When you begin to practise remote viewing in earnest, you will find that stress blocks it out. The following is a set of simple progressive steps for lowering brain rhythms, i.e. relaxing. It is a good idea to tape the relaxation programme, and the other sets of instructions in this book, and listen with eyes closed.

1. Lay down on the bed and close your eyes.
2. Visualize your feet.
3. Imagine that all the muscles in your feet are becoming limp.
4. Visualize your ankles.
5. Imagine that all the muscles in your ankles are becoming limp.

6. Visualize your calves.
7. Imagine that all the muscles in your calves are becoming limp.
8. Visualize your knees and thighs.
9. Imagine that all the muscles in your knees and thighs are becoming limp.
10. Visualize your lower body.
11. Imagine that all the muscles in your lower abdomen are becoming limp.
12. Visualize your chest and back.
13. Imagine that all the muscles in your chest and back are becoming limp.
14. Visualize your arms.
15. Imagine that all the muscles in your arms are becoming limp.
16. Visualize your neck.
17. Imagine that all the muscles in your neck are becoming limp.
18. Visualize your head.
19. Imagine that all the muscles in your head are becoming limp.
20. Now imagine yourself floating off to a grassy meadow.
21. Visualize the grass; hear the birds sing; feel the sun on your skin and the ground beneath your body; smell the grass.
22. Visualize all your worries drifting from your body and evaporating in the sunlight.
23. Feel the sunlight filling your body with energy that washes away the anxieties you have accumulated.
24. Tell yourself that you feel better than you have ever felt in your life.
25. Imagine your past experiences that caused you anxiety.
26. See the black vapour of these old anxieties been expelled from your body, to be replaced with positive feelings.
27. Replace these old worries with new positive feelings such as love.
28. Choose one new positive feeling and mental state each day you practise, and visualize these new, positive emotions easing out the old anxiety-inducing emotions. These positive emotions will become linked with your practice of remote viewing, which will set up a positive feedback cycle _ the more you practise remote viewing the better you feel.

Once you are comfortable with this ritual and feel deeply relaxed, you can begin the set-up procedure for simple ERV. In your mind's eye, visualize yourself repeating the following axiomatic remote-viewing memes.

1. The goal is to manifest the true potential within myself.
2. A remote viewer sees only the total reality of him/herself.
3. A remote viewer lives in total reality.
4. A remote viewer must step outside of group perception and hence group reality.

The reasoning behind each one is this:

1. Your perception of yourself is incomplete due to filtering by the brain and imprinting of negative memes by our environment, which compete with and warp proper perception.
2. We carry a number of memes that specifically cut off all paranormal functioning. Our perception affects reality and vice versa.
3. Total reality is a state of perfect perception where reality is not compromised by negative memes and preconceptions about how you think you are. These negative memes reconfigure the neural networks in your brain to block out all paranormal phenomena.
4. Group consciousness defines group reality. Memes not only warp the neural networks, but reprogramme the latent biophysical fields so that they are crippled. The magic key to success is knowledge of biophysics. Once you can perceive unfiltered reality, with no preconceptions about what you can and cannot do, you are able to leave the common consensus. Having stepped outside the flow of group consciousness, you can begin to appreciate hidden potentials. Remote viewing is then available to the individual. Enabling you to know your true self and to use all your psi abilities is the goal of remote-viewing technology.

Continue thus:

1. In your mind's eye, fixate your awareness on your brain.
2. Visualize the three different areas of the brain - cortex, limbic system and reptilian brain-stem areas - as three concentric circles, with the reptilian brain in the middle, joined to your spinal cord (see Figure 12, page 00).
3. Visualize your biophysical field becoming stronger and 'soaking' into the brain, linking with the brain cells. This process primes the biophysical fields to interact with your brain on a higher level than morphogenic fields. Imagine a ghost-like biophysical field being sucked into your brain and the three concentric circles of your idealized brain becoming suffused with the energy of your biophysical field. You are putting the ghost in the machine.

4. Visualize an energy field which overlays your body, the biophysical field that is contiguous with your physical being, becoming imprinted with the four repeated axiomatic memes. In effect, you are now programming the ghost in the machine.

5. Imagine the biophysical field commanding your brain centres to become compliant with the axiomatic memes thus preparing your brain for remote-viewing activity. You are programming the 'machine' for remote viewing.

This technique of programming the biophysical field is very important because it programmes the specific brain centres for remote viewing. Biophysical fields carry information and they can be programmed just like a computer. Your biophysical field is, in effect, a quantum computer that has to be programmed before you command it to begin remote viewing.

Once you have mastered the above exercises, it is time to send your biophysical awareness to a place you find of interest.

FURTHER STEPS TO REMOTE VIEWING

1. Visualize yourself from the above relaxed state, sending your biophysical body to the target. For the moment, this should be somewhere you know well, as you are just training the biophysical body to follow your commands and get used to remote viewing.

2. The first step in processing the information the biophysical field sends back to your brain is to list the perceptual cues you receive, e.g.

Sense Perception

tactile wet

sandy

sounds roaring noise

sound of wind

visual sunny

blue sea

Remember to list the non-visual data first as visual information dominates the attention once you fix your awareness upon it. Build a picture in your mind's eye of what it is. In the above case, the target was a sandy beach at Bournemouth in the summertime, with a south easterly wind blowing. It is helpful to use the monitored remote-viewing technique to help build up your perceptual cues, if there are two of you.

3. Imagine another place you know well. Keep repeating this visualization of actual places in order to train your biophysical body to become aware of distant locations. Practising helps to raise the biophysical awareness from its latent morphogenetic state to self-awareness; you are training your biophysical fields to become aware of the outside

world. Visualize yourself walking around the places you visit, studying the details.

4. Keep a log of your remote viewing and check on its accuracy. Ask a friend to put anomalous objects at a target site you know well, such as the office or their home, and seek them out. This is a gentle introduction to psychic spying.

5. The next step is to look for people in their own homes. Relax, send your biophysical awareness to the person's house and hunt through the rooms until you feel or see his or her presence. Afterwards, telephone to see whether you were correct. You can also look for the person as an energy field. Look for a glowing shape rather than the physical image of the person. Compare which is the most efficient way of locating someone.

This is a preliminary exercise which develops the bifunctional viewing capacity of your remote-viewing biophysical fields. Your remote-viewing perception can look at things as physical objects, or at their energy field. In the realm of remote viewing, perception is a duality analogous to the particle-wave duality found in quantum mechanics. A person has a physical body and an energy field; which one you look at depends on your psychic intent.

6. You will have found in these preliminary exercises that accuracy can be a problem. In untrained people, an accuracy rate of 15 per cent is normal. If yours is better than that to start with, it shows you have a greater than normal complement of psi genes.

Body and mind are linked; chaos and separation in this interface cause disease and block all remote viewing. You must optimize your self-image and change your reaction to environmental stimuli, to cut out chaos (entropic decay). Relax and visualize yourself as accurately as possible. In your mind's eye, list your characteristics and emotional reactions to various situations. For example:

Positive characteristics Negative characteristics

hard-working stressed

reliable easily angered

modest over-ambitious - bite off more than I can chew

This exercise is important because it makes you aware of yourself and helps to cleanse your being of the numerous negative characteristics (memes) that limit your capabilities.

7. Now you can begin to reprogramme yourself with new memes and software by intending what you wish to be and what you do not wish to be (see Chapter 5 on memes for more detail).

What I wish to be What I do not wish to be

a remote viewer psychically blind

empathic unaware of what people are really feeling

intuitive not being able to read people

8. Know that you have the ability to be aware using your biophysical fields. Visualize your ghost-like remote-viewing biophysical field leaving your body and travelling to locations of your choosing. First visualize it examining the room you are in from its point of view. Then visualize it travelling further afield and psychically viewing what is going on at a distant location you have chosen.

9. Buy or borrow some baroque music. This slow, repetitive music was composed to a very rhythmic beat; if you concentrate on it, it will automatically put you into the alpha state, as the Eastern bloc parapsychological researchers discovered (Figure 11). In the alpha state, the brain functions much more efficiently than in beta. Languages can be learnt in six weeks.

Play the music while you repeat the above exercises. Note how the efficiency of your remote viewing improves and how it is easier to contact the biophysical fields. The use of baroque music helps to develop neural networks which are alpha functioning and by a process of positive feedback, leads to the hardwiring of the brain in a way conducive to psychic viewing. It is as if the music moulds the brain to function in alpha, enabling remote viewing to take place.

10. With the baroque music playing in the background, pick a place for remote viewing that interests you and look for anything that catches your attention. By choosing places that interest you, your attention is kept at a high level which boosts your remote-viewing efficiency. Keep a log of your remote viewing and see how it progresses as you learn more and more techniques to boost your accuracy.

IMPROVING THE SIGNAL TO NOISE RATIO IN REMOTE VIEWING

The remote viewing of underground sites, or military facilities, was the original intent of the US remote-viewing programme. American military personnel were trained to receive operational anomalous cognition, which was used to describe the remote-viewing phenomenon. In plain language, this meant the ability to see distant locations clairvoyantly.

In the intelligence scenario, a near-perfect description of a foreign site may be of little value, because the information is well known through use of satellite data or such like, while a poor anomalous cognition that would not score well in a laboratory trial may provide vital information unavailable by any other method. This means that the use of multiple remote viewers, using anomalous cognition simultaneously, may be of especial use when remotely viewing sites of interest which are so secret no information is available on their real nature and function. For this, there are special instructions:

A - Managing the target pool. Make sure that you look for clearly defined targets; broaden the scope later. In the case of foreign sites, the first thing to look for is the presence of life forms. From there, look at the tunnel complexes, then the equipment that fills these chambers; targeting remote viewing makes recognition much easier than looking at everything, getting swamped by data and losing your way in the mental

farrago.

B - Bandwidth. Keeping a focused train of attention is vital. It is easy to lose your remote viewing by letting the mind wander. Using directed attention on areas of the site you find of especial interest is necessary to keep your remote viewing fixated on the target; efficiency declines rapidly when you remotely view areas you find of little interest. Describing endless trivial target sites to sceptical researchers is a sure way to lose bandwidth by boring yourself stupid. When you get bored, the brain stress system becomes activated and you enter the beta state which blocks remote-viewing activity. If you wish to show off your remote-viewing ability to other people, remotely view things you find of intense interest to keep accuracy levels high. This works by using goal direction to switch off the brain stress system. The relaxed state is linked with remote viewing, causing a positive feedback effect which amplifies remote viewing in future.

C - Switch off the internal chatter. To increase the signal to noise ratio, it is vital to reduce stress levels so you can enter the theta state. Switch off the internal chatter in the mind by using directed attention and the cinema method.

E - Use group-augmentation. This entails remotely viewing the same target in groups and then sharing your data. Feedback on the actual site will enable you to build up your accuracy level and improve your signal to noise ratio. Group augmentation of remote viewing works by training the biophysical field to high-order consciousness, a state where it is self-aware. The group's biophysical fields meld together when remotely viewing the same site and boost their potential, an effect which lasts after the session and rapidly advances the individual biophysical field's remote-viewing ability; from there it can be developed to the state where remote sensing and influencing become possible. This was why military remote viewers worked in groups.

F - Noise reduction. This occurs when the brain rhythms are lowered by use of advanced stress-management techniques and memetic biophysical-enhancement systems, which have been given in this book. Further to this, group-augmented remote viewing can be used to filter out noise so that the 15 per cent accuracy rate of untrained individuals may be of use for gleaning information from foreign sites. The group that remotely views the same site will all see glimpses of the same thing. When they compare notes, the similarities in their remote viewings will be easy to pick out. Only the actual target information will be similar. This similarity in the signal can be used to suppress the noise, as methods can be developed to ignore any data which does not agree with the group. This type of procedure is used to filter out noise in electronic circuits and the mathematics is very well understood.

Russian Extended Remote Viewing

To carry out ERV as practised by Russian military remote viewers, it is necessary to be in the theta state. Both US and Russian extended remote viewers use biofeedback and EEG monitoring to achieve this, but I have developed a specialized technique to enable the remote viewer to enter the theta state without electronic biofeedback.

THE BRAIN STRESS SYSTEM

Let us first look at the stress-related processes that make the alpha and theta relaxed states so difficult to achieve. Within the brain's ancient neurological systems, the brain stem underpins our higher brain structure. These 'reptilian' brain-stem structures have evolved in such a way that they are now enclosed by the limbic system and surrounding this, the cortex (Figure 12). These three major brain structures are connected intimately to each other. Their interaction controls our state of stress.

Ritualistic behaviour, adherence to the status quo, a rigid pecking order, submission by inferiors and dominance over them, are some of the chief factors that keep the reptilian brain from activating our brain stress system; belief in leaders, the shared idea of the material world being the only reality and its ineffaceable nature, can also be included. The uncertain nature of our modern world, however, puts us in a perpetual state of stress.

The locus ceruleus in the reptilian brain stem sends signals, chemical and neuroelectric, to the hypothalamus which is part of the limbic system. Emotional drives and urges are centred in the limbic system which is the prime decision-making area of the brain. The hippocampus, which controls memory and is intimately connected with data retrieval and storage, is also centred in the limbic system, as is the thalamus which is the organ of attention. Stress destroys our ability to remember and concentrate on complex subjects Ð as all exam-takers can testify. Anxiety and the level of activity of the brain stress system therefore have an immense effect on the mechanism of remote viewing. Anything which ameliorates the high levels of chemical and electrical over-stimulation found in anxious people will have profound effects on their remote viewing, mentation and related data acquisition and retrieval.

Finally, there is a negative feedback process in the brain stress system whereby high levels of blood cortisol act on the pituitary gland and hypothalamus, which causes these areas to switch off or lower the activity of the brain stress system. Unfortunately, the locus ceruleus is not in this feedback loop. This has important ramifications for remote-viewing operators. The first is that any disputes about dominance will constantly affect the brain stress system. Secondly, any change from the status quo will constantly stimulate the brain stress system. Thirdly, an environment in which people don't know exactly what they are doing will have a similar effect. This is because the reptilian brain likes ordered ritualistic behaviour where it knows what is going on.

Aiming to become master of your own mind and body and to develop remote viewing, reprogrammes the reptilian brain so that it becomes fixated on the goal of remote viewing; in this state, you can ignore stressors that would normally put you into a state of high anxiety. A good example of this goal fixation of the reptilian brain is a crocodile which will attack you if you throw sticks and stones at it, or run away. If you tether a goat in front of a hungry crocodile, it will ignore harassment and attack the goat.

STEPS FOR STRESS MANAGEMENT

1. Relax using the relaxation techniques on pages 00-00.

2. Visualize your attention focused on the thalamus part of the brain), which is in the limbic system, controlling attention.

3. Concentrate your attention in the thalamus; visualize yourself in this brain centre the person that is you standing in your mind's eye in your thalamus.

4. Visualize yourself in the thalamus picking up a laser-beam gun, which is the mental representation of your will activating the thalamus; visualize yourself unleashing this mental laser from your thalamus.

5. Visualize the mental laser being so powerful it ignites your thalamus, which bursts into a flashing ball of light and gives off a mental laser that illuminates your entire brain in an explosion of light. This mental laser light is called directed attention and is epicentred in this brain area.

6. Control your directed attention and focus this beam of mental laser light on the locus ceruleus in your reptilian brain. Command the locus ceruleus to shut down, preventing it from detonating the brain stress system. So powerful is your mental laser that its light can reprogramme your brain centres.

7. Reprogramme the locus ceruleus to be totally fixated on remote viewing and to ignore all stressors unless they are actually life-threatening, by willing these thoughts down the mental laser beam at your reptilian brain.

8. Next, focus the mental laser on your limbic system. Zoom in on the hypothalamus, to lower the neurochemical and electrical stimulation of your brain stress system, so that you reach the theta state of consciousness.

9. Reprogramme the hypothalamus to ignore all stressors unless they are actually life-threatening. An example of how to programme these non-language areas of the brain is to visualize your state of stress as a big balloon of air which slowly deflates as you relax.

10. Next, let your mental laser beam travel to your pituitary gland and command this gland to shut down the stress hormones that keep your brain and body in a heightened state of anxiety all through the day. Visualize yourself turning a tap to close the flow of stress-inducing chemicals.

11. Return to the pituitary gland and follow the hormonal pathways to the adrenal glands on top of the kidneys. Fire your mental laser at these glands and command your adrenal glands to shut down the fight-or-flight hormonal response system and to boost the feedback to shut down the brain stress system. Command the whole hormonal system to shut down the brain stress system response, so your limbic system is flooded with positive responses by use of remote viewing. By this means, a very powerful feedback system is set up that lowers your body’s stress levels every time you use remote viewing.

The above techniques are the most advanced form of stress management on the planet, used by the Russians.

Energy used by the brain and the biophysical fields is proportional to frequency. In the beta state, the frequency can be around 28Hz when anxious. In the theta state, the frequency can be around 7Hz. This means that by operating in theta, you can think using one quarter of the energy that is used in the beta state. By having such an energy-efficient mode of thinking, the person in theta has enough energy to think four times better, which can be four times faster, or four times more in content. Using only one quarter of the energy you would use in the beta state of consciousness enables you to extend the time you can think and work by a factor of four.

This augmented intelligence and stamina can be put to use for remote viewing. Psi activity requires energy for visualizing the information coming from the biophysical fields. What is more, a lot of energy is required to open a link to the biophysical fields. Rather like lighting a match to ignite a fire, the biophysical field needs energy to be released from the physical body, to resist the PDF and to merge with the Earth's field for bilocation.

The last step in ERV after inculcating the theta state, is to visualize the perceptual cues you get when you try to remotely view a site of interest, for example:

Sense Perception

tactile hard

metallic

sounds rattle of cables

wind

visual iron tower

columns of iron

As before, remember to zoom in with your remote viewing on the non-visual data first, as visual information dominates the attention once you fix your awareness upon it. Build a mental image of the attributes of your remotely perceived site, followed by a complete picture of what it is. In the above case, the target was the Eiffel Tower. Use the monitored remote-viewing method to build up your perceptual cues if there is someone available to guide you through advanced ERV.

Once you are in the theta state, repeat the simple ERV exercises from this heightened state of consciousness. You will find that your remote viewing dramatically improves. It will take at least a month of practice before you can shorten the relaxation steps needed to enter theta, but as the months go by, the theta state will become more and more habitual with the concomitant increase in psi ability, mental functioning and physical health.

Checklist for ERV

1. The theta state of mind is the first step in setting up extended remote viewing.

2. Knowledge of the brain stress system mechanisms involved in lowering the frequency of brain rhythms is the vital second step.

3. Next, develop focused thought processes, directed attention.

4. This directed attention is used to reprogramme the brain stress system to drop brain frequency from the beta state into the theta state. It can also be used to focus on the immune system to cure or ameliorate disease.

5. Awareness can be projected out off the body, the basis of remote viewing. The theta state is the doorway to the biophysical realm. When in theta, the biophysical field resonates with the Earth's natural frequency. In this state, the negative effect of the PDF is suppressed by the Earth's larger biophysical field. This enables the biophysical body to leave the physical body and begin extended remote viewing. When your consciousness awakes in the biophysical body, bilocation, the feeling of really being at the target, begins. This is an analogous state to lucid dreaming.

6. Check-listing the sensory input you get from remote viewing map co-ordinates can give useful information upon which to begin remote viewing.

7. Directed attention fixated on the biophysical field, which is sent to places you know, gives rise to remote-viewing awareness. Repeated use of this awareness develops remote-viewing accuracy.

8. Sending your biophysical awareness to remotely view places of interest is the next step. The more this technique is practised, the stronger your remote-viewing attention becomes.

9. A useful next step is to remotely view people you know or find of interest. This leads to remote sensing.

10. In advanced remote viewing as practised by the Russians, directed attention can grow to the point where you can remotely view documents of interest and even access computer data by remote viewing.

The cinema method and directed attention

For psi activities, it is essential to stop the internal chatter, the incessant internal conversation we all have going on inside our heads. Imagine a remote viewer projecting his/her awareness at a target site; the biophysical field transmits information back to the brain. Someone who is constantly thinking about other things will not be a clear receiver for the remote-viewing information. A clear mind has a better chance of accurate remote viewing. When watching the cinema screen, we concentrate on what’s going on, switching off the internal dialogue. Mental silence is the second major initiator of remote viewing (the first is achieving the theta state).

Clearing the mind of internal chatter is achieved by focusing your attention on remote-viewing imagery, like watching a cinema or TV screen. Linking in with habituated TV fixation provides a most powerful way of developing remote viewing, a guided use of perception. Once you have mastered the technique, you can use it to focus on the information the biophysical body uploads while remotely viewing.

Try to stop thinking to yourself for ten seconds. You will find that internal mental silence is extremely difficult to achieve. The reason is that the memes we are infected with from birth condition us to talk to ourselves; constantly reviewing our life and experiences by use of non-stop mental dialogue is the norm in humans. Our parents and elders infect us with this meme. Our brains force us to talk to ourselves in our mental world, blocking out the subtle paranormal signals we may be picking up. This neural network conditioned by memes interferes with remote viewing and all other psi activity.

The cinema method is such a powerful technique because it uses the potent meme of watching television to eradicate the internal-chatter meme. Since both memes are very powerful, they cancel each other out, paving the way for the mental silence needed to establish a clear link between the biophysical field and the physical body's brain.

Directed attention may be defined as a state of awareness when the focus of attention is coherent and concentrated on one spot, rather like a laser beam. Use it as a tool to increase efficiency of mind, brain and body to optimize remote viewing. Modern living and TV have caused a diminution in our attention to the level where in some cases it can only digest 20 second sound bites. To progress in remote viewing, you must be able to fix your attention on the target, and improve concentration until it reaches this coherent laser-like level, as described on pages 00.

EXERCISES TO HELP FACILITATE DIRECTED ATTENTION

- Diaphragm breathing. Breathe in through your nose Ð your diaphragm drops while your stomach rises. Breathe out through your nose Ð your diaphragm rises while your stomach drops. This increases lung capacity and induces your heart rate to drop while stimulating nerve endings in your nose which are connected to the brain. This exercise links your directed attention with your body, something we have learnt to ignore as we grow older. This bodily awareness is vital for remote sensing.

- Concentrate on your pulse/heartbeat. You can learn to lower your pulse or heartbeat at will, thus linking directed attention with a relaxed state of being. This may inculcate deep alpha states. (This exercise is vital for remote sensing and remote influencing when directed attention is used to influence heart function in others by telepathic means. Slow pulse or heartbeats [originally heard in your mother's in womb] have a profound effect on internal bodily states, automatically lowering brain-wave rhythms. Conversely, loud chaotic sounds have a negative destabilizing effect on the mind.)

PRACTISING DIRECTED ATTENTION

Repeat steps 1-5, using the visualization diagram as a rough map.

6. Once you have focused directed attention inside your hindbrain, command the locus ceruleus to ignore everything which is not life-threatening and has no bearing on your goals.

7. Visualize all your goals as if you had completed them. Do this in chronological order starting with your life's goal(s) and finishing with immediate goals. Add the caveat that every time you are in this state, you can upgrade your goals as your knowledge and experience increase.

8. Feel the positive neurochemical state achieved by bringing the reptilian brain into synchrony with the rest of the brain stress system.

9. Command yourself to feel this positive state every time you do something to achieve your goals, and practise remote viewing. This positive feedback helps you to do both so you will find them invigorating rather than difficult.

USING DIRECTED ATTENTION AND THE CINEMA SCREEN FOR REMOTE VIEWING

Using directed attention enables you to raise your biophysical field from morphogenetic latency to become aware of its surroundings (primary consciousness), after which you can direct it to leave your body and remotely view distant sites. To achieve this, your concentration must be absolute. By visualizing your thalamus, you can reprogramme your brain to elevate your attention, analogous to changing a torch beam into a laser beam.

Steps

Repeat steps 1-3 of stress management . Relax into the theta state. The more relaxed you are, the better the picture you will get. Once you are in full theta, an image of the target site will appear. Once you are visualizing yourself inside the thalamus, get a mental broom out and metaphorically clean out all blockages and data filters.

4. Command the thalamus to let all sensory data through. Go systematically through all six senses (remote viewing/ESP is the sixth) and clean all the data channels. See your attention as a bright star epicentred in your thalamus. Command the epicentre of attention to shine a bright white light of perception into the thalamus, that becomes coherent and focuses down into the mental laser light of directed attention. Command this mental laser to illuminate your entire thalamus and focus on the goal of remote viewing.

5. Command your thalamus to give you an unlimited attention span; to eliminate all negative programmes; to engage all unused neurones and neuronal networks, so as to boost your attention to directed attention; and then to elevate this directed attention to fixate on remote-viewing data being received by your biophysical vehicle.

6. Now use this directed attention laser to inscribe a cinema screen in lines of blue fire,

drawn in a clockwise direction, in your mind's eye. This is the cinema screen, upon which you will see the remote-viewing picture relayed to you by your biophysical field located at the remotely-viewed target site. Once you have drawn the cinema screen, fill it with blue fire; see a blue screen of lambent energy which now faces your mental gaze.

7. Then visualize your directed attention travelling from your thalamus, through the cinema screen, which is the doorway into the biophysical realm. As this occurs, visualize the screen becoming transparent, a perfect medium for the information you will pick up from your biophysical field. This practice initiates your biophysical consciousness to become aware of the outside world. The mental cinema screen can be thought of as the entrance to the world of psi; simply by stepping through it, your attention can be transported to anywhere you wish to go. It is a magic doorway to the great beyond.

8. Next, practise your remote viewing from this state of consciousness. Use this 'magic doorway' approach to remote viewing and project your awareness to the places you wish to psychically view. With practice, every time you engage directed attention on the cinema screen, your brain and biophysical fields will automatically engage the cinema method programme. By positive feedback, the practice of directed attention will make you more and more efficient at ERV (Figure 18).

9. Use directed attention to inscribe the cinema screen and will your biophysical field to travel to the target to be remotely viewed. Use the mental laser light of directed attention as the cursor in the biophysical cyberspace of your paranormal world, to direct your biophysical field to the target. Once at the target site, command your biophysical field to transmit information, via its quantum computer link to your brain, to your cinema screen.

11. This technique can be used to enter into remote-viewing bilocation, where you feel you are actually at the target site, as if you were in a lucid dream.

What is actually happening in bilocation

David Morehouse, interviewed by Uri Dowbenko, for the article, The True Adventures of a Psychic Spy, in Nexus Vol 4 No 5, Sep 1997, describes bilocation as:

Its folding space, folding time and space. It's like bringing the event to you without ever going to the event, if you tap into it. It's omnipresent while traversing back and forth on the time-space continuum. What does it mean? It means you're everywhere at the same time. So the only way you can be everywhere at the same time is because everywhere is where you are. So folding space is the best analogy I can think of Ð like an accordion that folds in on itself, where you don't move. I was taught to believe that it was like the pages of a book, of an encyclopaedia. There are planes that are separated, yet they're connected by the spine of the book. The spine of the book corresponds to the unconscious.

The biophysical body can travel in its own quantum reality, in effect tunnelling through space-time. The physical body can be at one end of this quantum-reality wormhole, while the biophysical field is at the target site at the other end. When bilocation occurs, this quantum-reality wormhole is created. But these wormholes need energy, so where does it come from? It comes from the quantum vacuum, an endless sea of energy underlying

reality, which is accessed by using the Earth's biophysical field when the ERV adept is in theta. This source of energy is not available in beta (stressed consciousness, brain rhythm greater than 14 cycles per second) because paranormal reality is blocked off by the PDF; or in alpha (unstressed consciousness, the most efficient waking state, 7-14 cycles per second) in which a window can be opened to the biophysical body but it lacks real energy. The quantum vacuum can only be accessed in theta (4-7 cycles per second) or in delta (4 cycles per second or less). In this state, you are dead to the world in deep dreamless sleep - when untrained. This is the gateway to psychotronic realms. In delta, you can access the quantum vacuum for telekinesis, remote influencing.

Checklist for the cinema method

1. Relax by using the stress management techniques on pages 000 Đ 000.
2. Imagine the mental laser light of your directed attention forming in your thalamus, and firing out of this brain centre into your mind's eye to create the cinema screen. Remember to inscribe the cinema screen in your mind's eye in a clockwise direction with blue laser light from your mental laser, then fill in the screen with blue fire.
3. Once the cinema screen is constructed, see your biophysical field staring at you through it.
4. Visualize the epicentre of attention, the I part of your mind, flowing from your thalamus, via the link of directed attention, into the centre of the biophysical field.
5. Direct the biophysical field to the target site, command the biophysical field to broadcast the images and sensory data it is picking up on your cinema screen.
6. Watch your mental cinema screen and focus on the pictures being sent to you from the target site you are remotely viewing.

THE SIXTH SENSE

Dr Rupert Sheldrake has found that over 50 per cent of people know when they are being stared at, and register subliminal signals showing that their subconscious is aware of them being in someone else’s field of gaze.

Directed attention and the cinema method can be expanded to encompass the sixth sense, or situational awareness Đ a state of heightened awareness where visual spatial stimuli are directly integrated with intellect, instinct and memory.

Steps

1. Use directed attention to create the mental cinema screen in your mind's eye.
2. On this cinema screen broadcast the sensory impressions your biophysical field is getting while it remains over your body, i.e. practise remote-viewing techniques while your biophysical body is over your physical form. This develops your sixth

sense and allows you to have 'eyes in the back of your head'.

PUTTING DIRECTED ATTENTION TO WORK

Wasted time on, and waiting for, trains, buses and planes, and any slack periods, can be used for practising directed attention with eyes open. Use it during the day to recharge your batteries by breaking negative memes (see page 00) that have slipped into your mind. Do this by using your mental blue laser light to destroy the contagious memes you have contracted as a form of mental infection which drain your energy. Eliminate them and in the process release adaptive energy.

SUPER ADVANCED ERV TECHNIQUES

The goal of these advanced techniques is to be able to inculcate a theta state in your waking state, so that you are always in sympathy with the Earth's biophysical field. By constantly operating in the theta state, you become more and more detached from humanity's PDF and latent psi abilities come to the fore. Remote viewing may be the first of these, followed by remote sensing and remote influencing.

The limbic system is thought to control volition in humans. We make decisions on the basis of emotional processing in the limbic system, then we rationalize how we came to make that decision using the cortex. Limbic brain centre processing controls human behaviour and reprogramming this area is vital for all aspects of psi performance.

Steps

1. Focus your mental laser light of directed attention, which is fired from your thalamus, on the rest of the limbic system which you command to ignore all stressors that are not life-threatening. Visualize your will flowing down the mental laser beam reprogramming every brain centre it touches.

2. Reprogramme the hypothalamus to depress your basal brain stress level to theta by focusing your mental laser on this brain centre and willing it to shut down your anxious state.

3. Reprogramme the amygdala, your brain's pleasure centre, to activate your pleasure receptors every time you carry out remote viewing, so that your limbic system is flooded with positive emotions every time you practise it. By this means a positive feedback system is set up, by which your limbic system gets an emotional high every time you practise remote viewing. Since the limbic system controls choice, this means that you will motivate yourself to carry out more and more remote viewing the more you practise it. In time, you will so stimulate the limbic system, that every time you use your senses, remote viewing will be incorporated. You will have developed a permanent sixth sense.

4. Finally, see the limbic system as a totality and see all its connections with the cortex and hindbrain. Concentrate on the temporal lobes which are associated with remote viewing. Programme them to enable remote viewing. Through these

connections, flood the rest of the brain with positive emotional stimuli via neurochemical transmitters and neuroelectrical signals, to the point that the whole of your brain experiences an orgasmic-like trance condition every time you practise remote viewing.

By this means the brain can be driven into the lower levels of delta that enable you to link into deeper and deeper shells of the Earth's biophysical fields. From there, you can reach the elevated trance-like state of the Russian remote influencers who have psi power at their fingertips or the yogic masters who have augmented control over their bodies and the world around them.

You can reprogramme your temporal cortex to run remote-viewing simulations and processing of enormous complexity. Visualize yourself in this brain area and imagine yourself reprogramming this brain centre as if it was a computer to carry out any command you place into it. Open up all areas of your cortex to boost your data-processing capacities to the Tesla level, where you can visualize complete scenarios in your brain, circuit diagrams, text etc.

Nikola Tesla, the electrical supergenius, could visualize complete circuits in his head, and devices in schematic form accurate to a hundredth of an inch. He used to sit in an armchair close his eyes and design his electrical devices in his mind's eye.

Return your directed attention mental laser beam to your pituitary gland and command it to shut down the brain stress system every time your cortex runs remote-viewing simulations or data processing. Then focus on the limbic system and command these brain centres to flood your brain with pleasurable emotions every time you use enhanced cortex capabilities. This produces a positive feedback cycle to make cortex-enhancement permanent.

Return your directed attention mental laser beam to your reptilian brain and command your biophysical remote-viewing fields to take control of this brain stress system detonator, so that no matter what stressors you are subjected to, you never lose your link with your biophysical vehicle. So even though you may be under enormous stress levels, you will not display high brain-wave activities because your biophysical vehicle has taken command of your brain stress system.

Summary of Remote Viewing

Checklist for simple ERV

1. First use remote viewing to find a person in his or her house, then phone them up to see how accurate you were.

2. Next, ask a friend to hide an object in their home and use remote viewing to find it.

3. From there, use remote viewing to travel to a distant location and look for details you can check up on when you actually go to that site.

4. Finally, remotely view unknown sites which interest you.

Negative entropy - total order: defusing the destructive feedback cycle brings order out of chaos.

In the biophysical field, there is an energy - called adaptive energy by Dr Hans Seyle - that orders your mind and psyche, which keeps the body young and is used to fight disease. It is negative entropic in that it turns chaos into order. A quality of living things is this ordering effect. Some people cause chaos wherever they go, which is a sign of low adaptive energy. They leave people feeling exhausted because they take the life force of others.

Steps for using negative entropy

1. Visualize positive energy flowing into yourself from the countryside, using directed attention and your mental cinema screen. This charges your biophysical field with adaptive energy contained in the Earth's biophysical field.

2. Channel this adaptive energy by fixating directed attention on your mental cinema screen on images of whoever you are trying to influence or whatever you are trying to achieve. This drives away chaotic attractors and converts a situation from a non-linear dynamical system into one that can be predicted. In layman's terms, charging up people or future events with adaptive energy makes them less chaotic.

APPLYING MEMETIC PRINCIPLES

Consensus reality can be altered using psi. With remote viewing you can see what is going on anywhere in the world, the outcome of your actions in the future, and alternative futures that can be entered by changing events in the present. With remote sensing you can see what is going on in other people’s heads. With remote influencing you can alter people’s behaviour enabling your plans to come to full fruition.

Consciousness can and does alter reality, as quantum physicists have suspected since the turn of the century. Directed attention amplifies your normal consciousness and the faculty of remote viewing; the more you use it the stronger your consciousness becomes. Constantly fixating directed attention on your mental cinema screen strengthens your remote-viewing faculty making you more aware of this sixth sense in you, and in the process it allows you to integrate your whole persona into conscious control. You can thus explore your own subconscious and unconscious. This whole process makes your mind and body more powerful.

Likewise, the mental cinema screen when activated by directed attention can be used as a doorway to the biophysical realm, so you can initiate remote viewing at will. Once you can do this, assiduously practise the software of success memes until they become habitual. From that time on, all negative memes will be so uncomfortable they will be discarded and bounced back to the people who throw negativity at you.

THE DESTRUCTIVE FEEDBACK CYCLE

This basic introduction to memes and memetics leads us on to the negative meme structure that we all find in life. Meme structures are a series of interlocking memes which together build up a model of reality. In the case of the destructive feedback cycle, this negative meme structure locks us into the consensus reality upheld by the PDF. If you can escape the effects of the destructive feedback cycle, you are halfway to saving all the energy that is needed for advanced ERV. Think of the biophysical field as a battery that is run down by the destructive feedback cycle. If this draining effect can be eliminated, the biophysical field will not run down after a normal day, and you can use this surplus adaptive energy for remote viewing.

To understand the destructive feedback cycle and how it affects remote viewing, look at Figure 21. Let us first address the principles that apply: all remote-viewing training material has to be processed through the brain; new remote-viewing data is not dealt with in isolation, but is incorporated with old material of a similar nature. Emotional content (the way you felt at the time of remote viewing) is incorporated into the memory of the data gleaned by remote viewing and is then linked to similar feelings that you have had in the past. Learning how to use remote viewing is linked with memories of other times when you tried to change your habitual ways of acting. In most cases, this caused stress, so new material will bring with it not only the stress it causes while it is being taught to you, but a whole gamut of previous similar situations imprinted on your memory. This means that when you try to implement this new material, you will get considerable negative feedback, most of which comes from past stressful experiences which are related to this new material. This goes back to the indoctrination you were subjected to at school, which has implanted negative memes that interfere with remote viewing, i.e.remote-viewing training must go against the common-sense view of the world you have been trained to uphold.

You will try to alleviate this stress by slowing down implementation of the new material, or finding excuses not to carry on. Therefore it is important that stress-reduction systems be incorporated into remote-viewing training at an early stage, so as to connect a feeling of relaxation and well-being with remote-viewing practice.

Steps for Russian ERV

1. The first step was to lower the remote viewer into the theta state. Russian research was very advanced in autovisualization of the brain and by concentrating on this they learnt how to reverse front to back polarity, thus lowering the brain into a sleeping state. Changing electrical potentials in the brain can, however, have a number of unpleasant side effects, including the inability to stay awake when the brain becomes habituated to the new polarity. Pinching of the blood supply to the cortex by autovisualization is also a technique that is given by some Russians as a means of entering theta. But cutting the blood supply to the brain can cause brain damage since the arteries and capillaries can shrink in size under the influence of autovisualization, leading to atrophy of the cortex. Anyone thinking of emulating all aspects of Russian psi research should be aware that Soviet dictums held little regard for the safety of the psi-operator, only the effectiveness of the paranormal warfare.

For this more advanced form of ERV, I recommend using mental biofeedback to get to theta - not of Russian origin, but safer. Use directed attention focused on your mental cinema screen, which shows your brain stress system, to relax it into the theta state.

2. Visualize the biophysical field swelling around your body from the psychotronic generator that is pumping your psi-field with energy. In the West, psychotronic generators do not exist, so you will have to visualize yourself getting energy from Stonehenge or another power spot that you favour. These power spots are filled with adaptive energy, or life force. Memes generated by our culture are adaptive-energy parasites that feed off our energy getting larger in the process, e.g. shop till you drop, work all your life for a mortgage, paranormal phenomena do not exist. A person is defined by their car, clothes, job, looks. By editing the memes out of your being, it means that when you pump you biophysical field with adaptive energy from power sites, it is not being drained by memes which would compel you to follow their ideas as they gained more energy from you, only making matters worse. Visualize your biophysical field on your mental cinema screen. Psychically see energy from Stonehenge flowing into your biophysical field, pumping it up until it explodes out of your physical body.

3. Use directed attention to project your empowered biophysical field at the target site to be remotely viewed.

Afterword

It seems from the standpoint of conventional science that the concept of remote viewing cannot possibly exist. Unfortunately, there are numerous declassified CIA and DIA documents amounting to tens of thousands of pages, which catalogue the US government's top-secret, remote-viewing programme. First-hand corroboration of the US military's secret remote-viewing projects comes from actual military remote viewers such as Joe McMoneagle and Lyn Buchanan, who now teach the subject to the general public. More extraordinary are the declassified documents released by the US government which document the Soviet paranormal-warfare programme; they mention psychotronics giving Russian psi-operators the ability to remotely influence, affect electronics by telekinesis and even remotely kill. These documents are freely available under the American Freedom of Information Act, and I recommend the serious researcher to look at these papers. The concept that the superpowers engaged in an inner-space arms race using psi-agents seems far-fetched, but sometimes truth is stranger than fiction. It is alleged that both US and Russian psychics engaged in a secret paranormal war, remotely influencing and remotely killing each other.

The ramifications of the knowledge that remote viewing and psi warfare not only exist, but have a long history of development by the superpowers, leads to a rather disturbing new vision of recent history and the advent of the new millennium which will be dominated by psi. If humanity and its nation states develop more and more powerful weapon systems, the ability to remotely view top-secret installations will be secondary to the ability to remotely influence the politicians and generals who control them. It does not matter how powerful the weapon if the brain that controls it can be remotely influenced. The advent of psi warfare leads to a dramatic new turn in the way future wars

will be fought.

The strategic implications of being able to remotely influence all the decision-makers in the West have not been lost on the Chinese, whose thinking is long term.

Japan has bought a large amount of psychotronic research from the Russians. A major research centre in Japan has been developing it for use in the business field. Remote viewing and influencing in the commercial field have obvious uses. The ethical and moral implications of this new psi technology are a minefield. What about the right of privacy? When people can remotely sense, are thoughts private any longer? With remote influencing, are your thoughts your own? The spectre of remote killing brings a new meaning to the old saying 'it's all in your mind' Psi will change human history

'What you don't believe in can't hurt you,' they say. Don't believe it.

Conclusion

It seems from the standpoint of conventional science, that the concept of remote viewing cannot possibly exist. Unfortunately, there are numerous declassified CIA and DIA documents amounting to tens of thousands of pages, which catalogue the U.S. government's top secret remote viewing programme. First hand corroboration about the U.S. military's secret RV projects, comes from actual military remote viewers such as Joe McMoneagle and Lyn Buchannon, who now teach the general public remote viewing. More extraordinary are the declassified documents released by the U.S. government which document the Soviet paranormal warfare programme which are reproduced in full in appendices i and ii; they mention psychotronics giving the capability to Russian Psi-warriors to remotely influence, effect electronics by telekinesis and even remotely kill. These documents are freely available under the American Freedom of Information Act, and the author recommends that the serious researcher look at these papers. The concept that the superpowers engaged in an inner space arms race using Psi-warriors seems far fetched, but sometimes truth is stranger than fact. It is alleged that both U.S. and Russian psychic warriors engaged in a secret paranormal war, remotely influencing and remotely killing each other. There is some mention of there being a seventy percent failure rate in the training of remote influencers, these trainees being driven mad by the hypnosis and drug regimens needed to induce these high level Psi-abilities. David Morehouse mentions this remote influencing programme in his account of his military remote viewing training.

The ramifications of this knowledge that remote viewing and Psi-warfare not only actually exist, but have a long history of development by the superpowers, leads to a rather disturbing new vision of recent history and the advent of the new millennium which will be dominated by Psi. If humanity and its nation states develop more and more powerful weapon systems such as: HAARP, the billion watt ionispheric heater, based in Alaska, Russian beam weapons, Chinese nuclear and biological weapons, the ability to remotely view these top secret installations is secondary, to the ability to remotely influence the politicians and generals which control these awesome weapon systems. It does nor matter how powerful the weapon may be, if the brain that controls it can be remotely influenced. The advent of Psi-warfare leads to a dramatic new turn in the way

future wars will be fought.

Already the Chinese government are developing thousands of remote influencers in secret research facilities. The strategic implications of being able to remotely influence all the decision makers in the West, has not been lost on the Chinese. Oriental thinking is extremely long term. Long term planning which uses remote influencing as the corner stone of strategy, should enable China to become the pre-eminent superpower by the middle of the next century. U.S. Naval College war gaming, carried out on sophisticated super computers, has shown the American government, will begin to lose any war with China, shortly after the start of the next century. Chinese remote influencers could reprogram the U.S. president, his advisers and the Joint Chiefs of Staff at the Pentagon, to avoid war with China at all cost or to give them anything they want to keep the peace. By this means, China could regain Taiwan, and begin to dominate the Pacific Rim in the near future. Invading Eastern Siberia and Australia are long term plans in the future battle for resources Added to America and Europe accepting draconian environmental and industrial restrictions, which should hamstring their economies, while China accepts none, the plan is laid for China to become the pre-eminent superpower.

As we have seen, Japan has bought a large amount of psychotronic research from the Russians. Japanese research centres in Tokyo have been developing this psychotronic research for use in the business field. Remote viewing and influencing in the commercial field have obvious uses. Industrial espionage, enters a new phase when remote viewers can psychically spy on their competitors; while remote influencing of the board of a competitor's company has obvious uses. If the Japanese are using Psi-warfare in the industrial field, it will enable them to dominate the business sector in the next century. Hampered as they are by ludicrous loans on over inflated property, the Japanese will need all the help they can get to keep their superpower status in the financial and business sectors. Thinks look rocky for the Japanese, but the author considers that China may prove a significant danger to U.S. and Western interests in the coming war over dwindling resources. If Japan backs China with its state of the art technology, then any future conflict between the U.S. and China may go badly for the Americans.

In the business field, the ability of managers to remotely view, will have dramatic consequences for themselves and the companies they work for. From the comfort of their own offices, managers can remotely view what their competitors mean to do and what the effects of their decisions may have on their future. Remote viewing of their market sector can give the manager the ability to psychically see what world trends and local market changes will have on the performance of the manager's area of interest.

For the member of the public, remote viewing has numerous interesting things to show them. It can be used to psychically view hidden or unknown sites, such as the location of Atlantis, the Ark of the Covenant.... Future remote viewing can see the effects of peoples' decisions on their future and those of others. The conspiracy theorists can use it to psychically view the secret agencies which organise assassinations, and manipulate events.

As can be seen, remote viewing changes the whole nature of secrecy and enables the members of the general public to psychically view what they want. A world where there

are no secrets, runs contrary to the rise of governmental surveillance of its citizens by monitoring all their phone calls, faxes, E-mail and the widespread use of bugging, video recognition systems, and computer files. If a member of the public can comfortably sit in their living room, and remotely view anything going on in the secret underbelly of government, then Big Brother can be psychically spied upon while he electronically spies on you. Thus remote viewing brings true equality to citizen and state which can enable true democracy.

The ethical and moral implications of this new Psi-technology is a minefield. With the ability to remotely view, what about the right of privacy? When people can remotely sense, are thoughts private any longer? With remote influencing existing, are ones thoughts ones own? The spectre of remote killing, brings a new meaning to the old sore, 'its all in your mind'. A future where Psi is a reality, will change human history and bring about a future none of us envisaged. Let us hope the prospect of extending life span and boosting the immune response, by the positive use of remote influencing (PPNI) far outweighs the Pandora's box of new Psi weapons that are being developed in secret. A world in which Psi is common knowledge will raise human consciousness, where we go with that new heightened awareness is anyone's guess. 'Just because you don't believe in something, doesn't mean it can't hurt you.'

GLOSSARY

ADAPTIVE ENERGY: the bodies biophysical energy used to empower the immune system, fight internal and external stressors and uphold the structural integrity of the body and mind.

ALGORITHMS: the step by step series of mathematical operations which computers use to process data.

BILOCATION: the highly developed form of remote viewing in which the psychic viewer sees the target location as if actually there. A form of lucid dreaming while awake.

BIOPHYSICAL FIELD: the energy body around the physical form which can be detached from the human body and used for remote viewing. Composed of fields unknown in the West.

CIA: the Central Intelligence Agency - a branch of the U.S. intelligence service.

CINEMA METHOD: the use of a mental cinema screen to receive information broadcast from the biophysical fields when remote viewing. Fixes attention on a TV image which we are conditioned to watch.

CRV: CO-ORDINATE REMOTE VIEWING - A technique of psychic viewing invented by Ingo Swann, in which map co-ordinates are used, in a state of normal consciousness, to enable a trained remote viewer to give precise information on that location using a set of specialised protocols.

DIRECTED ATTENTION: a focused, relaxed state of mind, centred on one specific function, this being RV. A tool to switch off internal chatter by use of the Cinema Method. A mental laser of attention emanating from the thalamus and used to command and control Psi-operations.

DIA: the Defence Intelligence Agency - A branch of the military which is involved with intelligence gathering.

EEG: electroencephalograph, a device which is used to monitor brain waves.

ELF: extremely low frequency waves - This form of wave penetrates the skull and is the set of frequencies that the brain uses for behaviour. Therefore ELF signals are used on microwave carrier waves to influence the behaviour, make ill, or kill.

ENTROPY: a function of chaos, the more entropy the more chaos.

EPICENTRE OF ATTENTION: the place the I part of your mind inhabits, place recreated to conform to reality so the I part of you can perceive itself and perform optimally inside or outside of your body.

ERV: extended remote viewing - An advanced form of psychic spying in which the clairvoyant descends into the theta state of consciousness, from which accurate psychic viewing can be established by following a special set of protocols.

ESP: extra sensory perception, the ability to use psychic sensory means to read minds, see into the future, or to remotely view distant locations.

GROUP PERCEPTION or the COMMON CONSENSUS: the perception of reality agreed upon by the group, not necessarily correct and very limiting.

GROUP REALITY: the picture of reality the group takes to be the absolute truth but in fact is only a construct. a list of what is thought possible and what is not.

HIGH-ORDER CONSCIOUSNESS: a heightened state of self-awareness, e.g. when the biophysical field is aware of itself.

MEME: A contagious idea that spreads through the population; term first coined by Dr Richard Dawkins. A biophysical field that is contagious.

MENTAL BIOFEEDBACK: using the mind to initiate changes in the body.

MENTAL FEEDBACK LOOP: conscious thought is redirected back onto itself to fixate thoughts on one idea group. In this case fixating attention on the mental activity, or perception of reality.

MORPHOGENETIC FIELD: the biophysical field used by the developing embryo to tell genes in cells to differentiate into different cell types such as eye cells or hair cells. Cell development is controlled by these morphogenetic fields.

NEGATIVE ENTROPY: order and structure.

PDE: the Paranormal Damping Effect - A creation of negative memes and meme structures which is used to suppress all paranormal abilities, to make agreed upon things and events real, while strongly exorcising events and phenomena that do not agree with the common consensus.

PRIMARY CONSCIOUSNESS: being aware of ones environment.

PRECOGNITION: foreknowledge of the future through extrasensory means.

PRV: precognitive remote viewing is the ability to use psychic viewing to see what may occur in the future.

PSI: the use of psychic energy. Overall term encompassing remote viewing, remote influencing, psychotronics and all psychic ability.

PSYCHOTRONICS: the Russian research on the use of Psi-energy to effect people and influence reality. Also included are Soviet research on mind control using Psi and electromagnetic carrier waves for ELF signals.

RI: REMOTE INFLUENCING: the use of telepathic hypnotism to plant thoughts in another person's mind, to control that person's thoughts, or to cause bodily changes.

RK: REMOTE KILLING: the advanced application of Psi that enables high-level operators to telepathically influence the brain of the victim to give them a heart attack, or to use telekinesis to rupture capillaries in the victim's brain to cause a stroke. Advanced remote influencing to switch on suicide genes in the victim...

RS: REMOTE SENSING: the ability to psychically scan other people to telepathically sense what condition their body is in, or to begin to read thoughts and emotions running through their brain.

RV: REMOTE VIEWING : The facility to use clairvoyance to psychically view distant locations.

SCANNING: the military use of remote sensing to psychically interrogate the brain of the victim to gain information by ESP and telepathy.

SCHUMAN RESONANCE: the natural frequency which the planet resonates at, this being 7.82 Hz.

SITUATIONAL AWARENESS: having the clue, instinctively taking in a wealth of information, evaluating it, and reacting correctly.

SHAMAN: a holy man of northern Asia in touch with spirits; also a medicine man.

SIGNAL TO NOISE RATION: a method of determining the accuracy of remote viewing information; reproducing exactly what you see (signal) without any attempt at interpretation (noise).

SUPRAMEME: the collection of memes which rule each person's life.

TELEKINESIS:: psychokinesis.

TELEPATHIC KNOCKOUT: Form of remote influencing which knocks people out.

TOTAL ORDER: a state of affairs in which chaos is an absolute minimum and order is the rule.

TOTAL REALITY: the true nature of things stripped free of preconceptions and unfiltered by programming in the brain. solid matter and influencing other people's brain functions by the power of the mind.